JIU JITSU STYLE™

SAULO AND XANDE

BROTHERS IN ARMS

DOMINYKA OBELENYTE

BERNARDO FARIA

HENRIQUE JUNIOR

ALEX TRANS

RICARDO REZENDE

THE RIBEIROS

NOGI TECH WITH SEPH SMITH

IBJJF WORLD CHAMPIONSHIPS

TIPS TO KEEP YOU ON THE MAT

9 772049 454007 27

ISSUE: 27 / 2015 £3.95

HONOUR COMPRESSION

DESIGNED FOR HIGH INTENSITY TRAINING

www.badboy-eu.com

HONOUR
COMPRESSION

Bad Boy Trade & Retail Enquiries - **+44 (0) 191 253 6220**

- Lightweight & Breathable
- Ergonomic Compression Panels
- Mesh Panelling For Air Circulation
- Reinforced Stitching For Comfort & Durability

©2015 Bad Boy Brands. All Rights Reserved.

Tatami
fightwear

EUROPEAN CHAMPION
JT TORRES

estilo 5.0

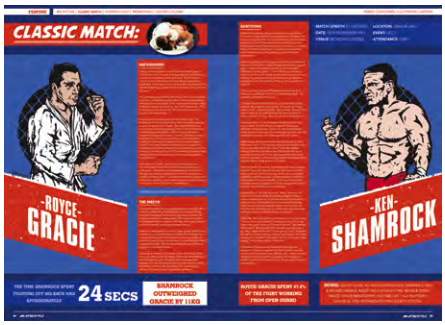
estilo

AVAILABLE NOW

TATAMIFIGHTWEAR.COM

Gameness
GAMENESSEUROPE.COM
Gameness

CONTENTS



14: CLASSIC MATCH

24: HISTORY 101: COMBAT BASE

36: GREAT DANE: ALEX TRANS

66: SHEDDING THE GI WITH SEPH SMITH

92: IBJJF WORLD CHAMPIONSHIPS REVIEW

10 **THE BIG PICTURE**
A striking image from our archives

17 **POSITION STUDY**
The history of the triangle

22 **IT'S SCIENCE**
Bernardo Faria by the numbers

26 **DREW SULLIVAN**
GB basketball captain on competing in jiu jitsu

28 **HENRIQUE JUNIOR**
Reigning British black belt openweight champion

40 **DOMINYKA OBELENYTE**
On her double gold at her first Worlds as a black belt

44 **BUDO JAKE**
On his standout headlines from the Worlds

46 **BJJ TO COMBAT BULLYING**
With 2nd degree black belt, Sam Joseph

49 **OLI GEDDES**
Gives you his top tips to stay on the mat

50 **CARLOS MACHADO**
On "Frankenstein jiu jitsu"

52 **BJJ FOR LIFE**
With Matt Jardine

56 **MASTERCLASS**
With Ricardo Rezende

63 **THE BJJ DOCTOR**
Braulio Estima

72 **GUARD PASSING**
With Nick Brooks

77 **SPONSORSHIP AND MOTIVATION**
With Dr Rebecca Hill

78 **CROSS TRAINING**
With Hannah Gorman

82 **MACRO NUTRIENTS**
Mike Leng looks at the benefits of fat in your diet

84 **WHY IS SLEEP IMPORTANT?**
With Villain Strength founder, Andy Marshall

98 **PASSING NOTES**
Seymour Yang's humorous look at the BJJ scene

30 **THE RIBEIROS**
Brothers in arms

JIU JITSU STYLE

SECOND FRONT PUBLISHING

Published by
Second Front Publishing Ltd
22 Beecham Road, Reading,
Berkshire, RG30 2RD

ISSN 2049-4548 (Print)
ISSN 2049-4556 (Online)

Call: +44 (0)1189 594765
General email: info@bjjstyle.com
Editorial email: callum@bjjstyle.com
Advertising email: sales@bjjstyle.com
Subscription email: diane@bjjstyle.com

www.facebook.com/bjjstyle
www.twitter.com/jiujitsustyle

Annual digital subscription just £15. Jiu Jitsu Style's digital edition is available via the Android market and iTunes store.

Visit our website for more details.

BJJSTYLE.COM

EDITOR: Callum Medcraft

CONSULTANT EDITOR: Roger Gracie

CONTRIBUTORS:
Mike Leng, Nick Brooks, Roger Gracie, Sam Joseph, Can Sönmez, Seymour Yang, Carlos Machado, Felix Rodriguez, Jake McKee, Oliver Geddes, Jon Shotter, Seph Smith, Braulio Estima, Andy Marshall, Ricardo Rezende, Hannah Gorman, Tyler Bishop, Rebecca Hill, Matt Jardine, Tom Bell, Sally Arsenault, Andre Borges

ILLUSTRATION CONTRIBUTORS:
Seymour Yang & Gartista

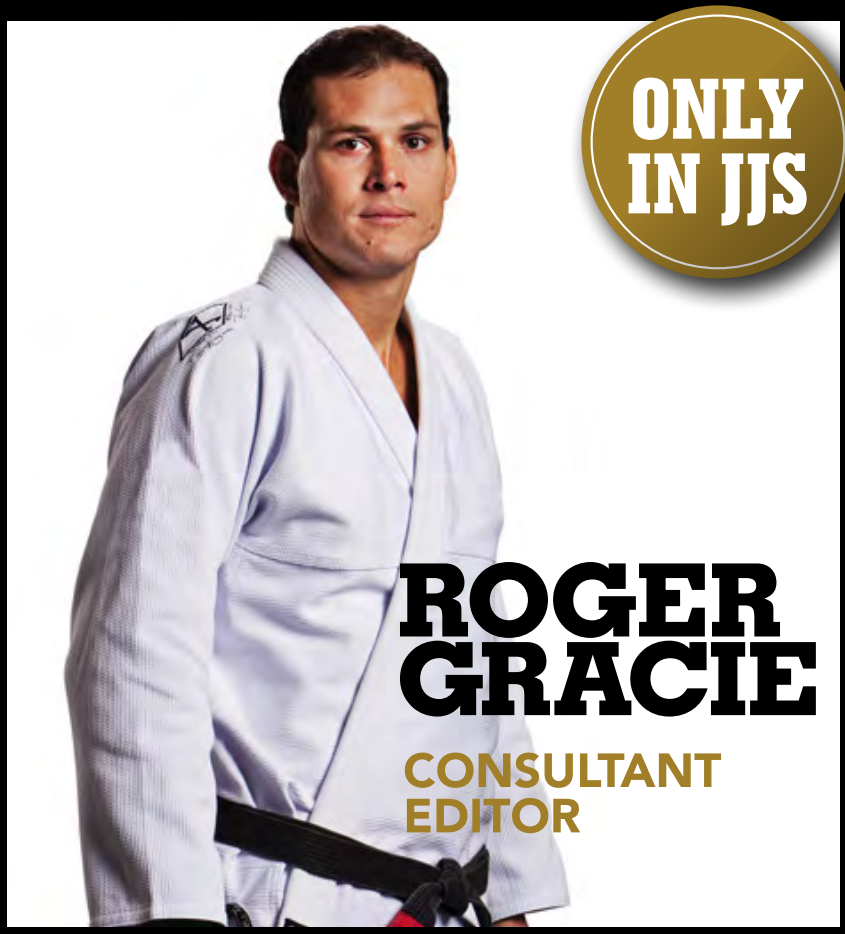
PHOTOGRAHIC CONTRIBUTORS:
Paul Corkery, Alberto Marchetti, Budo Dave, Callum Medcraft, Mansoor Ahmed, Flavio Scorsato

COVER SHOT: Flavio Scorsato

Distributed to the newstrade by:
COMAG Specialist – 01895 433800

PRINTED BY:
www.advent-colour.co.uk

Disclaimer: The views and opinions expressed by the contributors to this magazine may not represent the views of the publishers Second Front Publishing Limited. Second Front Publishing Limited are not liable for any mistake, misprint or typographic errors. Copyright: 2013 Second Front Publishing Limited. All material in this magazine, including both text and images, is protected by copyright. Replication via republishing in any print or digital form requires consent from Second Front Publishing Limited.



ONLY IN JJS

ROGER GRACIE

CONSULTANT EDITOR

It's hard to believe that my Metamoris match with Buchecha has been my only jiu jitsu fight in the last five years. After picking up an injury that kept me out of the 2010 Worlds, my career ended up taking a different path, with MMA becoming my focus. After such a long time away from jiu jitsu, it feels really great to be training hard in the gi and thinking about getting back on the competition mats more regularly.

It has definitely been a hard balancing act combining MMA training with my jiu jitsu. In order to get better at MMA, I've had to devote my time to learning how to strike, how to wrestle, and how to prepare myself for a completely different arena of competition. As much as I enjoy pushing myself with new challenges and learning different skills, I'm a jiu jitsu fighter. It's in my blood, and it's definitely where I get the most enjoyment and where I feel at home.

I'm delighted to say we have two of the greatest competitors in the history of the sport on the cover of this issue. Saulo and Xande Ribeiro are people that I admire a lot, and I have had the pleasure of facing them myself at competitions. Xande and I have of course had many battles over the years and we enjoyed a strong rivalry. I believe both my losses and victories against Xande over the years have made me into a better fighter, so I am very proud to have those experiences stay with me up to this day. I was really pleased to see Xande pick up another world title this year as well, and it just goes to show what an exceptional talent he is. Make sure you check out this feature guys!

"CONGRATULATIONS MUST GO TO BERNARDO FARIA AND RAFA MENDES IN PARTICULAR, WHO BOTH LOOKED TO BE ON THE ABSOLUTE TOP OF THEIR GAMES"

Big congratulations must go to another of our featured fighters in this issue, Dominyka Obelenyte. To step up and win gold in both your weight and openweight division, at your first Worlds as a black belt, is no mean feat! Even without Gabi Garcia in attendance, Dominyka should be extremely happy with her performances.

As always, the Worlds were another fantastic showcase of the talent we have within the sport at the moment. Congratulations must go to Bernardo Faria and Rafa Mendes in particular, who both looked to be on the absolute top of their games.

On a personal note, I am also really happy to see my student, "Juniao", featured inside this issue. Juniao has been training with me for many years and is an instructor at my academy, but he is also a very active competitor. He won gold at the Europeans this year, as well as picking up double gold at the British Open, so it's been a great year of success for him.

I hope you like the latest issue of the magazine and – until next time – keep training and enjoying jiu jitsu.

ROGER GRACIE

Gameness
GAMENESSEUROPE.COM
Gameness

MANTO
"VICTORY"
BJJ GI
AVAILABLE IN 3 COLORS
119 €
WWW.MANTOSHOP.EU
BJJ GIS / RASHGUARDS / SHORTS / T-SHIRTS

THE BIG PICTURE

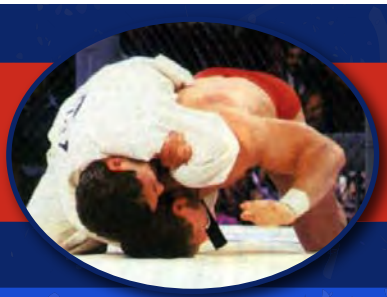
The Alliance team start their celebrations on the final day of the 2015 IBJJF Worlds having secured their 10th overall team winner's trophy.

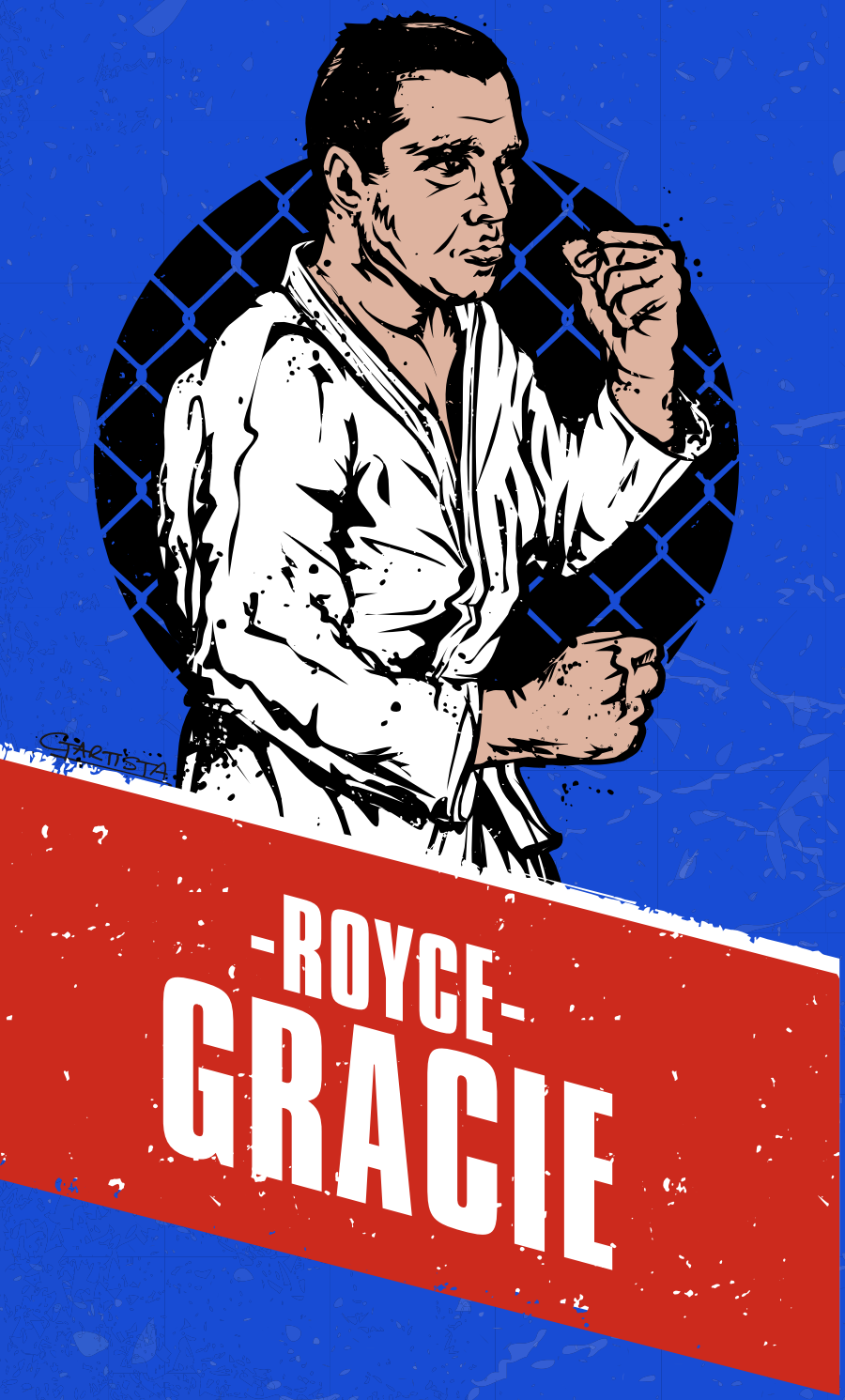
PICTURE: ALBERTO MARCHETTI

GR1PS
CYBORGS DON'T FEEL PAIN.
CYBORG LIMITED EDITION GI
CY-074
LIMITED EDITION
SUPERIOR ENGINE

WWW.GR1PS.COM
GRIPS
CY-074
LIMITED EDITION

CLASSIC MATCH:





-ROYCE- GRACIE

BACKGROUND

Having laid the ground work for almost fifteen years, in 1993 Rorion Gracie's plan to bring what he called Gracie jiu jitsu to the masses came to fruition. The *Gracie Jiu Jitsu in Action* and *Gracie Jiu Jitsu Basics* tapes were a good start, but it was a string of dominant victories at the Ultimate Fighting Championship that really put jiu jitsu on the map.

The concept was pitched to Rorion by one of his students, Art Davie, an advertising executive who had also helped him with the earlier tapes. That idea became reality at the McNichols Arena in Denver on the 12th November, 1993. Rorion's goal was to use the UFC as a showcase for jiu jitsu: it worked perfectly.

His younger brother Royce flew the Gracie flag. The Brazilian won his first fight easily: Art Jimmerson gave up as soon as Royce took mount. The second fight was a much more interesting prospect. Ken Shamrock seemed to have stepped straight out of a comic book, with a superhero physique to match. In short, Shamrock looked like the kind of man who could win a no holds barred tournament. Shamrock was also the only other fighter in UFC 1 who was familiar with the ground, thanks to a background in both amateur and pro wrestling, as well as Pancrase. Uncertain of the UFC's credibility, Shamrock had taken another Pancrase fight a mere three days before facing Royce.

In his first UFC match, Shamrock convincingly beat the hometown favourite Pat Smith with a lower body submission. Shamrock was unimpressed by the Gracie family's reputation, lumping them in with the purveyors of kata and fancy kicks. "I understood that they did some stuff on the ground, but it looked pretty slow and boring to me and it didn't look like it was effective."

THE MATCH

The fight between the two grapplers was over quickly. After Shamrock stuffed Royce's takedown with a sprawl, Royce eventually managed to stand back up then pull guard. As he manoeuvred into closed guard, Shamrock pounced on his leg before Royce could lock his feet. Shamrock dropped back for a leglock, but Royce followed him up.

Shamrock attempted to move into open guard, while Royce worked an arm around his neck. Shamrock still wanted that foot, committing both arms to pulling the leg inwards. He turned to come on top, but without an underhook he ended up giving his back. With his arm already in position, Royce locked in a choke for the tap.

There was a moment of confusion when the referee didn't see it, but after a quick exchange, Shamrock acknowledged that the fight was over. Broadcast across a large cable network and then disseminated around the world via tapes, that choke initiated a string of early UFC victories, kick-starting the Gracie jiu jitsu worldwide explosion.

THE TIME SHAMROCK SPENT FIGHTING OFF HIS BACK WAS APPROXIMATELY 24 SECS

SHAMROCK OUTWEIGHED GRACIE BY 11KG

REACTIONS

Shamrock had never fought somebody in a gi before. Crucially, he also lacked an understanding of chokes. He told Clyde Gentry that in his pro-wrestling and Pancrase bouts, they "didn't emphasise chokes because it was entertainment and the action had to continue, so moving from arm bars to leg locks to rope escapes would be much more exciting than getting a guy's throat and choking him."

Watching the original footage, it is difficult to determine the exact finish as the camera angle obscures the specific grip. Shamrock insisted it was the gi that made the difference, telling Gentry: "You're looking at adding a foot to two feet on a choke, because the position he was in with me going for the leg lock had that gi wrapped around my neck. Now without that gi, I end up with the leg lock."

Gracie Academy student Rod Machado was the only informed member of the UFC 1 commentary team. He pointed out during the replay:

"*Look at that left hand of Royce. It's underneath, and I bet ya, it's grabbing the right gi. Here's where the gi comes in Bill, it's grabbing the right gi lapel. Royce's right hand, I believe, is probably holding down or locking Ken's right arm. That gi really did come in handy there.*"

However, this is not what happened according to the man himself. In 1996, Rorion produced his second instructional tape series, *Gracie Jiu Jitsu Intermediate*. On the short bonus tape, he and Royce went through the submissions used to win those seminal UFC bouts.

When Royce demonstrates the attack he used to finish Shamrock in UFC 1, it is quite clearly a rear naked choke. Over a decade later in their own 'Gracie Breakdown' analysis, Rorion's sons Rener and Ryron identify it as a rear naked choke too. They also argue that Shamrock's failure to properly isolate the leg before he dropped back was the main turning point of the fight.

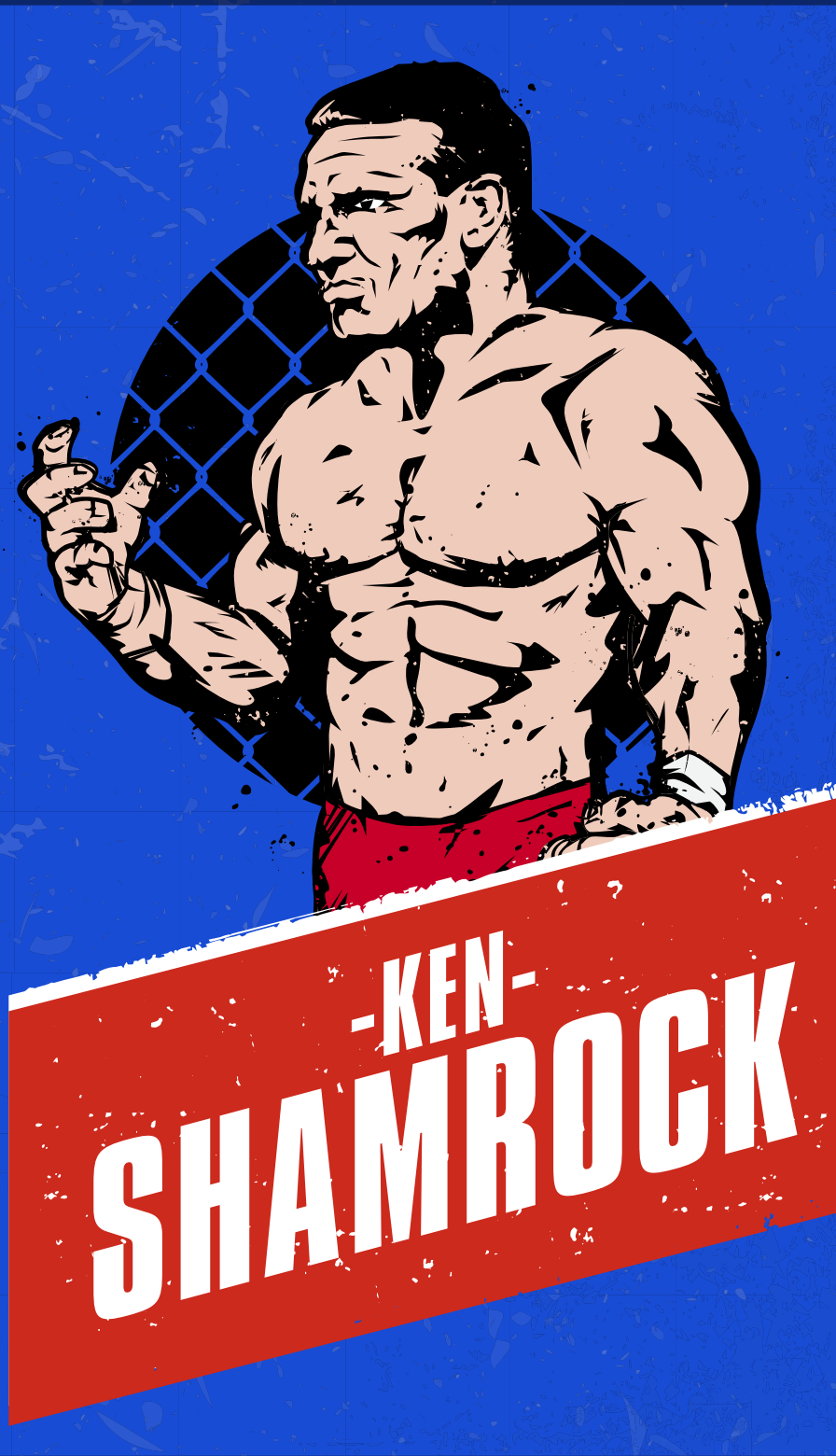
With Pat Smith, Shamrock immediately fell back once he had the foot, then crossed his own feet around Smith's legs to prevent Smith sitting up. Smith was completely unfamiliar with the position, so attempted to defend by kicking Shamrock, to little effect. That gave Shamrock the opportunity to adjust both of his legs against Smith's trapped leg, switching into a heel hook.

Against Royce, that did not work. When Shamrock fell back without controlling Royce's leg properly, Royce simply followed him up. If Shamrock had first driven his knee through the middle to pinch around Royce's leg, then he could have prevented Royce from coming up. Yet because Shamrock did not isolate the leg, there was nothing preventing Royce taking top position.

Right after the fight, Shamrock made a succinct summary: "He got me in a chokehold. I was trying to go for a leg. I forgot to guard my neck. I tapped the mat. The referee didn't see it. [Royce] said, 'The referee is going to let it go!' But I tapped the mat, I'm not going to lie. Otherwise the ref would have let it go. [Royce had] let go of his hold already. So it wouldn't have been fair for me to say, 'Keep going.' He'd already let go of the hold."

If Shamrock had properly isolated Royce's leg and repeated his success against Pat Smith, the martial arts world could have been very different. BJJ might not have spread around the world and perhaps this magazine would not exist. Fortunately for us, Royce was the better man that day.

MATCH LENGTH: 57 SECONDS
LOCATION: DENVER, USA
DATE: 12TH NOVEMBER 1993
EVENT: UFC 1
VENUE: MCNICHOLS ARENA
ATTENDANCE: 7,800



ROYCE GRACIE SPENT 47.4% OF THE FIGHT WORKING FROM OPEN GUARD

SOURCES: GENTRY, CLYDE, *NO HOLDS BARRED* (2002) | SHAMROCK, KEN & RICHARD HANNER, *INSIDE THE LION'S DEN* (1998) | RENER & RYRON GRACIE, 'GRACIE BREAKDOWN', YOUTUBE | UFC 1 & 2 (FIGHTDVD) | *GRACIE JIU JITSU INTERMEDIATE* (1996) | SLIDEYFOOT.COM

WWW.SCRAMBLESTUFF.COM

WORDS: ANDRE BORGES ILLUSTRATION: GARTISTA

POSITION STUDY

THE TRIANGLE

The Triangle Choke, known as "Triângulo" in Portuguese or "Sankaku-Jime" in (Japanese), is a very common submission in jiu jitsu, which originated from judo. The triangle choke occurs when the attacker wraps their legs around an opponent's neck (commonly) leaving one of the target's arms inside this "leg wrap" and another arm outside. The pressure of the thigh across the opponent's neck will cause the blood flow to be disrupted, leading the target either to submitting or passing out.

THE HISTORY OF THE TRIANGLE IN BJJ

The creation of the triangle choke is credited to both Tsunetane Oda and Kanemitsu Yachibei Hyoe, two famous judo masters of the early 20th century and direct students of Jigoro Kano – the creator of judo. According to *judoinfo.com*, Oda received his 1st dan black belt after only one year of training. A true talent of his era, Tsunetane Oda's speciality became Katame Waza (submissions and pins). Kano's system of judo was more Nage Waza (takedowns & throws) orientated, so the development of the submission game in judo is often attributed to Tsunetane Oda.

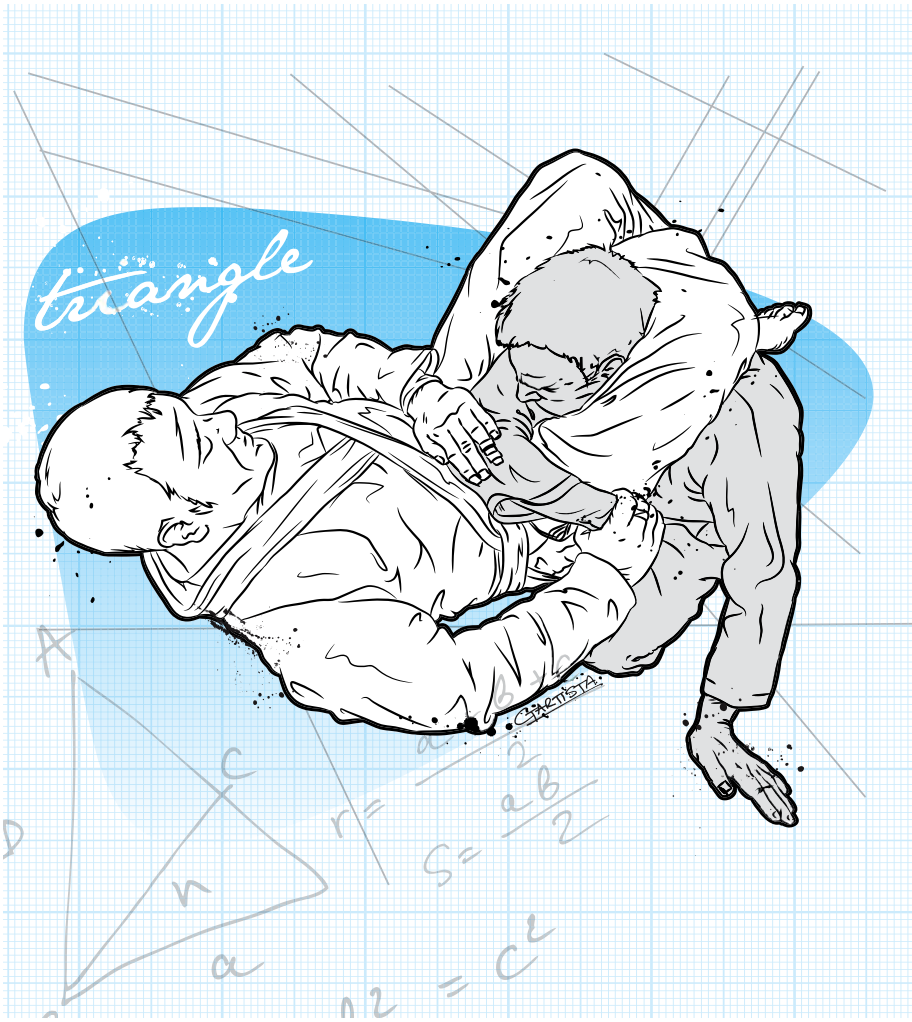
It is a common misconception that the triangle did not exist in Brazilian jiu jitsu before Rolls Gracie, who (according to some circles) found the technique in an old judo book. When asked about the veracity of this statement, Mario Tallarcio, Rolls Gracie's second black belt, said:

"The triangle was a very old technique from judo that was used in Jiu Jitsu from the beginning. As it was not associated with the armbar or the crossing of the arm to the side, it was too easy to defend and seldom used."

It was the group who started the closed guard at Osvaldo Alves' gym who associated the triangle choke with the armbar, setting up one of the most famous combo attacks in jiu jitsu. Regarding the subject of arm attacks from the triangle, Otávio 'Peixotinho' (one of the members of the closed guard group), said:

"The first attack from the closed guard was the armbar, then we picked up the triangle. Everyone started getting too wise to this and we had to re-think things. This created the arm attack from there."

The triangle became a weapon of choice from the closed guard, and later with the growth of new open guard attacks, this technique was solidified as one of the most popular submissions in jiu jitsu and MMA. The submission has been used to decide some of the most memorable fights in combat sports, such as Royce Gracie vs Dan Severn (UFC 4), Fabricio Werdum vs Fedor Emilianenko (Strikeforce: Fedor vs.Werdum) and Anderson Silva vs Chael Sonnen (UFC 117).



FAMOUS TRIANGLE VICTORIES

ROBERTO ROLETA DEFEATED BEBEO DUARTE – 88KG FINAL, 1996 WORLD CHAMPIONSHIPS

JEFFERSON MOURA DEFEATED ROBERTO GODOI – 94KG SEMI FINAL, 2002 WORLD CHAMPIONSHIPS

EDDIE BRAVO DEFEATED ROYLER GRACIE – 66KG QUARTER FINAL, 2003 ADCC

FERNANDO TERERE DEFEATED MARCELO GARCIA – 82KG FINAL, 2003 WORLD CHAMPIONSHIPS

ROGER GRACIE DEFEATED ALEXANDRE RIBEIRO - ABSOLUTE FINAL, 2006 PAN AMS

BRAULIO ESTIMA DEFEATED ANDRE GALVAO (INVERTED TRIANGLE) – 88KG FINAL, 2009 ADCC

VICTOR ESTIMA DEFEATED ALAN FINFOU – 82KG FINAL, 2012 EUROPEAN CHAMPIONSHIPS

BELT PROMOTIONS

IF YOU WERE LUCKY ENOUGH TO BE AWARDED A NEW BELT RECENTLY, THIS PAGE REPRESENTS A GREAT OPPORTUNITY TO SAVOUR THE MOMENT WITH RECOGNITION IN JIU JITSU STYLE! SEND IN DETAILS OF YOUR RECENT PROMOTION, INCLUDING THE RANK YOU ACHIEVED AND YOUR INSTRUCTOR'S NAME, AND WE WILL PUBLISH AS MANY AS WE CAN IN OUR MAGAZINE.

SEND YOUR EMAILS TO U2US@BJJSTYLE.COM

Wessley Johnson was promoted to brown belt by Henrique Santana at Titan Fighter in Edmonton.

Amber Oxford-Haines was promoted to purple belt by her husband, Chris Haines,at Wichita Jiu Jitsu – a Ribeiro Jiu Jitsu affiliate.

Rhys Samuel-Billy was promoted to blue belt by Jamie Scott at 10th Planet Jiu Jitsu, London.

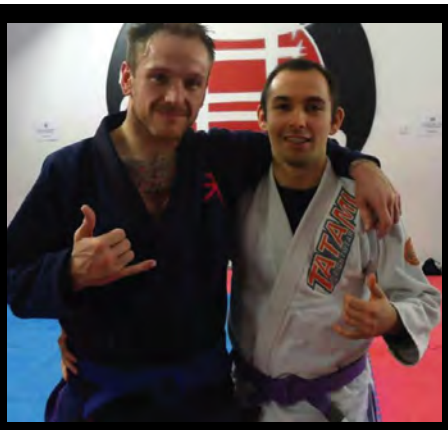
Peter Mensah was promoted to purple belt by Roger Gracie at RGA HQ, London.

Left to Right. Przemysław Data was promoted to blue belt, Stuart Duffy promoted to purple belt, Graham Davies promoted to blue belt and Gareth White promoted to blue belt under Stephen Barrie John Jones.

James Pearce, Jonathan Mark and Jon Wellstead were promoted to blue belt by Micah Atkinson and Jimmy Johnstone.

Amanda Machado was promoted to blue belt under Marcos Schubert in Curitiba, Brazil.

Cayden Tucker received his grey belt and Jessica Hurtt her first stripe under Sam Joseph at Buckhead Jiu Jitsu in Atlanta, Georgia.



Ian Cooper was promoted to blue belt by Stuart Healey and Kev Capel.

Andy Rowe received his blue belt from Max Campos at Oxford Shootfighters.

Gizem Bekaroglu was promoted to purple belt under Burak Değer Biçer in Ankara, Turkey.

Kjeld Carruthers was promoted to blue belt under Kev Capel.

After 20 years of training, Clay was promoted to black belt by Vincent Perry under the presence of John B Will.

Combat Academy / Tillery Combat instructor, Richard Shakey[1] Shore, promoted to black belt under Dave Coles and Braulio Estima.

Alex Mason was promoted to blue by Victor Estima, alongside Lucio Lagarto and Roger Gracie at Gracie Barra, Nottingham.

Jon Gale, Josh Wincey and Josh Presley were promoted to black under Renzo Gracie black belt, Kevin Taylor, at Titans MMA in Halifax, NS, Canada.

A WORD FROM THE EDITOR

THE JIU JITSU LIFESTYLE: WHAT DOES IT REALLY MEAN?

Enter any academy and you'll find people from all walks of life training together, building friendships and growing as grapplers. You'll also find these people have their own unique relationships with BJJ: some want to lose weight, some want to learn a new skill and some aspire to be world champions. With such a broad gamut of people within our community, all with very different goals, what does the "Jiu Jitsu Lifestyle' really mean?

I started jiu jitsu when I was at university, studying for around 15 hours per week and with plenty of time on my hands. At that stage in my life, I was free to train every day, at any time, and was completely obsessed with trying to learn as quickly as possible. My goal was to get my blue belt super fast, win some local competitions and then move on towards the next obvious step – black belt domination, of course. My jiu jitsu lifestyle consisted of sparring so hard I thought I was going to pass out, eating super clean and running up the biggest hill I could find twice a week to improve my cardio. It wasn't until I finished studying and entered the world of work that I got to experience a new chapter in my jiu jitsu life.

As a full blown "adult" I found myself working a conventional 9-5 job, which obviously meant there would have to be a big shift in my relationship with jiu jitsu. Though I couldn't train all day like before, I found myself equally content with my new arrangement – jiu jitsu became my way of relaxing and levelling out. While some people couldn't wait to turn on the TV at the end of a day I craved the jiu jitsu mats, as it helped me to unwind and head home totally at peace. It didn't matter how bad my day was, if I got to train at the end of it I'd leave the academy floating and ready to take on the world in the morning. I was no longer an aspiring world champion and in all honesty, I totally lost interest in competing at all. Though I initially worried that I was "doing it wrong", I soon realised there were others who only practised jiu jitsu recreationally. Jiu jitsu had become my form of therapy as opposed to my outlet for self-improvement.

"THOUGH OUR PERSONAL RELATIONSHIPS WITH BJJ WILL DIFFER, WE ARE ALL UNIFIED BY A PASSION, AND THAT PASSION IS WHAT DEFINES THE JIU JITSU LIFESTYLE"

Fast forward to the present day and once again I find myself having entered a new stage in my relationship with jiu jitsu. It's coming up for 8 years since I started training and I am now in a unique situation - BJJ has become my job. As with my early years as a white belt, I now have the benefit of training more regularly, but there's one significant difference. I'm no longer obsessing about flying through the belts as quickly as possible; instead I've learned to simply enjoy the ride. Nowadays I am thankful for all the positive things my jiu jitsu lifestyle has brought me. I look after my diet, I make sure I get enough sleep and – perhaps most importantly – I have developed a confidence about myself I never thought I could achieve.

I've made lifelong friends though BJJ, and it always intrigues me when I look around the mat and assess the group of people I choose to roll around with four times a week. Some of them live through jiu jitsu as instructors, some are professional MMA fighters, and there are plenty of every day people like me too - the ones who are in love with the art, but also enjoy the occasional pint of beer come the weekend.

For me, the concept of a jiu jitsu lifestyle is something that has never been a constant thing, as my relationship with the art has gone through many different (and enjoyable) phases over the years. Though our personal relationships with BJJ will differ, we are all unified by a passion, and that passion is what defines the jiu jitsu lifestyle.

On a separate note, I feel compelled to mention the successes of Rafa Mendes at the IBJJF World Championships this year. There were plenty of standout performers at the event, but I personally found Rafa's displays truly captivating. No disrespect to his opponents, but Mendes just seemed to be on a completely different level to everyone in his division, with even the legendary Rubens Charles unable to score a single point against him. Having watched Rafa compete since he was a purple belt, it really is amazing to see how far someone can elevate their game and evolve as a fighter. Now a five time World Champion (surpassing Royler Gracie), something tells me he could go down as one of the most decorated jiu jitsu fighters in history when the time comes to hang up his competition gi.

Thanks for picking up our latest issue, and keep training!

CALLUM MEDCRAFT

GEZARY MATUDA
BLACK BELT WORLD CHAMPION
REBELS AGAINST THE MAINSTREAM

×SHOYOROLL×

IT'S SCIENCE:

BERNARDO FARIA

BY TYLER BISHOP

REIGNING IBJJF ABSOLUTE AND SUPER HEAVYWEIGHT WORLD CHAMPION, BERNARDO FARIA, IS A MAN CLEARLY ON THE TOP OF HIS GAME. NEW YORK BASED FARIA IS KNOWN FOR HIS NEAR PERFECT APPLICATION OF THE HALF GUARD, OPERATING EQUALLY AS EFFECTIVELY FROM BOTH THE TOP AND BOTTOM.

HIS AVERAGE MATCH LENGTH WAS APPROXIMATELY

7 MINUTES 0 SECS

BISHOPBJJ.COM
THE SCIENCE OF JIU JITSU

'It's Science' is brought to you by BishopBjj.com. The goal of BishopBjj.com is to expand and empower the jiu jitsu community by emphasising the science and art of jiu jitsu in fun and exciting ways. We want to highlight what makes jiu jitsu so calculated, but also what makes it so much fun.

50%

OF BERNARDO'S SUBMISSIONS WERE CHOKES FROM THE BACK

BERNARDO HAD A 17/13 SWEEP/PASS RATIO

77%

OF BERNARDO'S PASSES WERE FROM HALF GUARD

50%

OF BERNARDO'S SUBMISSIONS OCCURRED FROM THE BACK

BERNARDO SCORED FIRST IN 13 OF THE 15 MATCHES HE WON

52%

OF BERNARDO'S PASSES WERE FROM REVERSE SITTING HALF GUARD

NUMBER OF MATCHES OBSERVED	15
TOTAL MINUTES OBSERVED	105
MATCHES WON BY SUBMISSION	08
MATCHES WON BY POINTS	05
OPPONENT WON MATCH	02
TOTAL MATCHES DRAWN	00
TOTAL MATCHES WON	13

ABSTRACT:

All matches observed of Bernardo Faria used in this small sample occurred at IBJJF events, inside his weight division, and in the years 2012-2015. Only techniques, occurrences, and outcomes that were recorded are displayed in the data below (i.e. if no butterfly sweeps occurred there will not be a representation of that in the sample data charts). Matches were selected at random based on freely available matches. This is a limited sample but - given the estimated amount of matches in this time period – it is well above the percentage necessary to create a scientifically validated trend sampling.

THE BREAKDOWN

We've done nearly 30 breakdowns over the past 2 years, and almost every single one we've conducted has surprised me in some way. Bernardo Faria may be the first athlete we've had the pleasure of observing who was revealed to be exactly who we thought he was. Bernardo was able to capture double-gold at this year's Worlds, but he's been building an impressive resume for quite some time. What's more, his opponents should know exactly what to expect from him yet few can stop him executing his gameplan. His singular yet balanced approach, makes him one of the best in the game today.

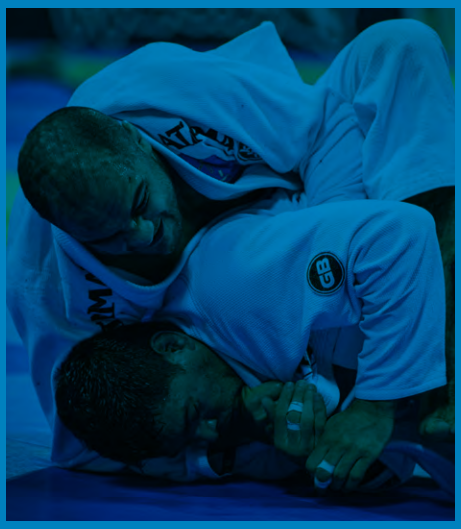
THE STUDY

What's the first thing that comes to mind when you think of Bernado Faria? Half guard! Guess what? You're right. Bernardo really likes his half guard. In fact he really likes one sweep in particular. Bernardo executed 88% of his sweeps from half guard. More specifically, the Alliance product used the single leg from half guard in well over 50% of his total successful sweeps. This is the highest percentage we've ever seen for one particular position in the sweeps department.

Faria almost always started on the bottom and swept his way to the top. From there, he applied a familiar concept. He really likes not only to sweep from the half guard, he likes to pass from there as well. Nearly 77% of his total passes came from the half guard. His preferred pass was a reverse sitting half guard pass, which accounted for approximately 54% of all of his passes.

Faria was very effective with this strategy and would often rinse and repeat if he fell behind in any transitions (which was rare). Once the guard pass was secured, Faria was very effective in capturing the back and finishing from there. 50% of all of his submissions occurred from the back, with his obvious preferred finishing method being a choke.

Ultimately, what's most impressive about Faria is his game dedication and balance. His sweep to pass ratio is very good (17/13) and his submission percentage is at the same level of all other elite competitors (about 50%). The only thing holding Faria back in the eyes of the public right now is lack of wins over perennial champions, Marcus Almeida and Rodolfo Vieira. Given his continued improvement and dynamic success, it seems he could finally be taking his place at the top of the mountain.



SWEEP (POSITION)

MISC. OPEN GUARD	1
SIT-UP GUARD	2
HALF-GUARD	14

SWEEP (TYPE)

SINGLE LEG FROM HALF GUARD	9
OLD-SCHOOL HALF GUARD	2
DEEP HALF GUARD	4
SIT-UP AND OVERTAKE OPPONENT	2

PASS (POSITION)

ON KNEES	2
HALF-GUARD	10
STANDING	1

PASS (TYPE)

LEG DRAG	1
KNEE OVER	1
KNEE CUT FROM HALF GUARD	2
REVERSE SITTING HALF GUARD	8
UNDER THE LEGS	1

TAKING THE BACK

FROM PASSING GUARD	1
SIDE CONTROL	1
TURTLE	2

SUBMISSION (POSITION)

BACK	5
SIDE CONTROL	2
MOUNT	1

SUBMISSION (TYPE)

CHOKE FROM BACK	4
ARMBAR	2
CROSS COLLAR TOP	1
NECK COLLAR CHOKE (GUILLOTINE, ETC)	1

SUMMARY

SUCCESSES: HALF GUARD SINGLE LEG & HALF GUARD PASSING

AVOIDED: OPEN GUARD & STANDING PASSES

TOP TECHNIQUE: HALF GUARD SINGLE LEG

HISTORY 101: COMBAT BASE

When Chris Haueter started training in the late '80s, Rorion Gracie was still teaching out of a garage. In conversation with Michio Grubbs, Haueter remembers what led to that moment, on a fateful day in 1987:

"I was lucky. I was in the right place at the right time. I was coming off my one and only pro muay thai fight, which I won but it hurt really bad. I was also boxing at the time. I realised I was tired of being hit and I didn't want any brain damage. So I decided I'd go back to wrestling.

"When I arrived at the college wrestling room, I happened to run into Mits Yamashita, who was instructing some grappling wearing a gi. This is before UFC or anybody had seen anything. I was a wrestler and I'm like, 'Mits I don't think that'll work'."

Mitsura 'Mits' Yamashita is himself an interesting figure. He began with aikido in 1959, but unlike most of his peers, he went on to embrace a wide variety of martial arts. Today he teaches not only aikido, but also boxing and BJJ. When he met Haueter, Yamashita was in his mid-40s. Haueter was younger, fitter and stronger, with plenty of experience in tough combat sports like muay thai and wrestling. However, Yamashita surprised him, as Haueter recalls:

"We rolled: he armlocked me, he choked me. He was the aikido club guy and I thought it was aikido! I told him, 'Wow, I didn't know they had this grappling in aikido, I'll learn this!'

"He said, 'I'm not allowed to instruct it, but here is the guy who can.' He gave me Rorion's number. As soon as I got home, I called: I was already hooked.

"Rorion lived four blocks away. So, I would walk over to Rorion's, where it cost 20 bucks a private. There was Rickson, Rigan and Royce in the garage. I knew right away that I'd hit the goldmine."

It wasn't meeting Rorion that proved to be the seminal moment for Haueter. It was meeting Rorion's cousin, Rigan Machado, who would also be the man to set other members of the Dirty Dozen on their BJJ path, such as Australian pioneer John Will. By 1993, Haueter had become an assistant instructor.

A year later over in the UK, taekwondo teacher Darren Currie got his hands on a tape of UFC 2. After seeing the dominance of Royce Gracie, like so many others he was inspired to take up grappling himself. Back in the '90s, jiu jitsu was very hard to come by in the UK. Currie therefore had to rely on video for guidance, of the obsolete VHS variety. As Currie relates in his history of Combat Base, training facilities have come a long way since then:

"We were renting a church hall and after

going through their cupboards we found an old carpet that we thought would be great for training on. All takedowns were done onto a crappy old carpet laid on a solid wood floor."

Currie's first contact with bona fide BJJ instructors was in 1997, when Carley and Carlion Gracie held a seminar in the UK. More importantly, that put Currie in touch with Andy Norman from the Keysi Academy. Norman was a blue belt, who had been training with Chris Haueter at the Machado school in Los Angeles. By this time, Haueter had earned his black belt. Two years later, he headed to the UK for a seminar, which Currie duly attended. Currie had found his coach.

1998 was also a landmark for Darren's wife, Helen. Like her husband, she also began in taekwondo. While training TKD, she learned grappling alongside Darren from tapes. Meeting Haueter stepped up that training considerably.

At another Haueter seminar in 2000, Currie received his blue belt, as did his wife Helen. Initially, they named their team San Gokui, which Currie says means "three principles" (mind, body and spirit). With an increasing focus on BJJ, they chose the name Combat Base.

On Mat Time Radio, Haueter explains how the term came about, though he is humble about his role: "I didn't invent that move. I coined that term, because I didn't know how to speak Portuguese. So I called it a combat base."

In 2007, Haueter awarded Helen Currie her black belt, making Helen the first British woman to ever earn that honour. Her husband would follow suit two years later. Interestingly, Darren Currie is in a very select group of BJJ instructors who have successfully trained students to a grade higher than their own. As Helen explained to Carl Fisher:

"Might be rare for BJJ but equated to other sports it is nothing new. Every athlete has a coach, the coach may not be able to compete with the athlete but it does not mean that he can't help improve the athlete. Pick any world champion from any sport and behind them is a good coach.

"A good BJJ coach can improve anyone regardless of the colour belt they wear, if you can coach then you can coach, simple as that. My husband, Darren, knows his subject very well, can teach it very well and then is able to coach you to a point where you must improve. As a blue belt he taught/coached people to purple and as a purple he taught/coached people to brown so he has been doing this a while."

Helen's competitive career in BJJ never had a chance to take off, as she did serious damage to her sacroiliac joint fighting a much larger opponent in a judo tournament. As she told Fisher, "it is a real pity too because there are so much more opportunities for women now competition wise."

Haueter would agree, as he emphasises that avoiding injury is key. To leave the last word to him:

"I made a goal years ago, that when I'm sixty I want to be grappling, like Helio did and Carlos. I'm still on the mat, you know? I love grappling. It's not who's good, it's who's left. So to anyone that's new, don't get hurt! Injury is the plague of athletics. Learn how to tap!"

TIMELINE

1987
Haueter has his first taste of BJJ, courtesy of Mits Yamashita. He soon begins training in Rorion's garage

1994
Darren Currie decides to try out grappling after watching UFC 2

1996
Haueter gets his black belt from Rigan Machado, making him one of the legendary Dirty Dozen

1997
Darren Currie attends his first BJJ seminar, taught by Carley and Carlion Gracie

1998
Haueter comes to the UK to teach a seminar, where he meets the Curries

2000
Haueter promotes Helen and Darren Currie to blue belt

2007
Helen Currie is awarded her black belt, the first British woman to receive one

2009
In August, Darren Currie is promoted to black belt by Chris Haueter

SOURCES: COMBATBASE.BLOGSPOT.COM| COMBATBASE.CO.UK | COMBATBASE.COM| JAN 2014 INTERVIEW WITH CHRIS HAUETER BY MICHIO GRUBBS, YOUTUBE | MAT TIME RADIO, EPISODE 21 | ONTHEMAT.COM | REC.MARTIAL-ARTS | ECCUNION.COM | *AIKIDO TODAY MAGAZINE*

FROM TOP TO BOTTOM

AN OLYMPIC BASKETBALLER'S EXPERIENCE OF COMPETITIVE BJJ

DREW SULLIVAN

"I'VE BEEN PLAYING PROFESSIONAL BASKETBALL FOR TWELVE YEARS AND I CAN'T REMEMBER THE LAST TIME I WAS THIS NERVOUS"

Words: Tom Bell Picture: Mansoor Ahmed/Ahmedphotos

Drew Sullivan is a proud Olympian, representing (as well as captaining) the Great Britain national team during London 2012. Currently playing for the London Lions, the 2x British League MVP can be found in the off-season training at the Roger Gracie Academy, switching the jersey for his gi. Here he describes what it's like to enter the BJJ British Open, going from the peak of one sport to the base of another.

Hey Drew! So when did you first decide you wanted to try out Brazilian jiu jitsu?

I started jiu jitsu quite a while ago, in about 2010, but then I stopped for four years. I trained for a few months and ended up taking a couple of years out for the Olympics. I thought it would be a good idea to put jiu jitsu to the side a little bit to avoid injuries and the possibility of it, leading up to London 2012. During that period I was part of the national program and I concentrated purely on basketball and making the Olympic team, so it had to be put to the side completely.

Unfortunately, when you have to do things like that then the thing you've shelved can be quite difficult to pick back up, and what was supposed to be two years ended up being four years. So, I signed a contract with London Lions and probably around April my friends really, really pushed for me to get back on the mats.

I started training once or twice a week, and now it's now progressed from that, it's never enough. I was on the mats every day and it became my summer work out. I hardly touched a basketball until I met up with the national team. Then I signed with my current team and moved down to London in September. Once I'd signed that contract, one of the first things I did was go online and see what jiu jitsu academies were down there. I'd been a little distracted last year and the closest one I could go to was Gracie Barra Knightsbridge, but I saw Roger Gracie Academy, which was a little bit further out. What a tough decision, obviously with the reputation of Gracie Barra, but having the opportunity to train at Roger Gracie's academy, why not?

I am the type of person who if he isn't at basketball, he is at the academy. I put as much time in as anyone else, if not more, because I do come from a professional background. I have come to understand the time, effort and sacrifice it takes to become good at something. I know I'm not going to be a world champion, but I will still train as if that's what I want to be.

The British Open being your first comp, what did you expect and experience, how did it align with your expectations?

You know, for me, I found it kind of hard because it was my first competition. I was extremely nervous, I was telling people that I hadn't felt nervous for such a long time. I've been playing professional basketball for twelve years and I can't remember the last time I was this nervous going into a big game. I'm not saying I don't get nervous, but stepping out there at the British Open, I was incredibly nervous. I think it came from two places: the first, I was trying to not put any pressure on myself and not have any expectation, but then the competitor in me, who has spent his whole life competing, he wanted to go out there and win.

I'm not going to lie, after my first fight, I was ecstatic. I was trying to walk over to coach and I had wobbly legs and I wasn't even thinking about the fact that I won, I just wanted to make it over to him without falling over [Laughs]. The biggest thing I found is that you can have a slow start in basketball with time to recover, in jiu jitsu, if you don't have a good five minutes then you've lost. You have to be prepared the second you step onto the mat.

Have you found anything from basketball that's helped you prepare?

You hear people talking about nervousness in a negative connotation. It's probably the most positive thing you can have going out into any competition. I've always said the day that I'm not nervous for a basketball day is the day I should probably retire because it means I don't care anymore. I'm not trying to give anyone advice, there are many, many guys with way more experience than me in jiu jitsu, but I'm almost happy when I feel nervous going out to a basketball game. At the British, I was super nervous but I expected it, when it came on I had felt that before and I kind of knew what to expect. That made me happy, for me, it meant that I cared massively about what I was about to do. So my advice to anyone, competing in anything, if you feel nervous then you're blessed.

I've been playing basketball since I was thirteen. Every medal that I've ever had has been basketball, so to go up there and win a medal in something that wasn't what I was used to, from a personal stand point that's something I was hugely proud of. Sometimes when you do something for your whole life, without meaning to do it, it defines you. 'He's the basketball player' so to go out and do that and have success in it, it shows he's not just a basketball player, there are other things he's interested in and other things he's good at. From my view, it was validation. Basketball has been my life, it helps me from a financial stand point, it helps me take care of my family, but it's good to put my energy into something else because I can only play professional basketball for so long. What am I going to do after it? I don't want to finish playing basketball and just be known as 'he used to be a basketball player' – that's the worst thing I could want. It would be nice for people to say he went on to compete in jiu jitsu. You know, personally, when I pay my dues and put the time in, I would love to have the opportunity and knowledge to teach, so then I could coach both basketball and jiu jitsu.

Had you thought about life after basketball, prior to jiu jitsu?

Yeah, it had always been basketball related. It was mostly coaching or playing development, there was nothing I looked at past basketball. After the past year or so, coaching basketball is probably third on my list. People in basketball will scratch their heads over that but it's for them to decide. The two things right now that I have a massive passion for outside of basketball is mentoring young people and to learn enough to instruct in jiu jitsu.

I've played basketball longer than a lot of people at the British Open have been alive, so I'm never going to get away from it. My two eldest girls said they want to play basketball; they're probably going to start in September so you know, I'm always going to be involved, coaching, I'll never be away from it but I'd like to have other options.

It's been done, Bixente Lizarazu, who won the World Cup with France in 98, went on to take gold at the Europeans in 2009 at blue belt ...

Oh yeah? Well you know it's funny because one of my other instructors, Bruno Zancaner, said I should enter! I said, 'Yes! I'll do it!' and I asked when it takes place. He said January, I was gutted, I'll still be in the basketball season. Thinking about it, you know, it would be great to do a competition like that. Junior was saying to me I should go to Vegas in September for the Masters, 'Yeah! I'd love to!' but again, it's the basketball season. It's one of those things that maybe at some point in time I can do, and I will, because it's something I already know I'd like to do. It's just unfortunate for now that I can't commit to it.

I should write to the IBJJF and see if they can rearrange for the summer time [Laughs].

PRO LIGHT CHAMPIONSHIP GI
SIZE A2 = 1.2KGS

WWW.SUBMISSIONSNIPER.COM

JIU JITSU BY DESIGN | HENRIQUE JUNIOR

"I REALLY, BADLY, BADLY BELIEVE THAT THERE IS NOTHING THAT YOU CANNOT ACHIEVE. I THINK IF YOU WORK HARD AND YOU REALLY WANT IT, YOU CAN ACHIEVE"

Moving to London as a blue belt in 2002, former graphic designer Henrique "Juniao" left Brazil in pursuit of happiness. Now a Roger Gracie black belt and instructor at RGA HQ, Juniao tells the story of 'the fat boy from on the road' who chased his dreams, taking multiple gold medals and high level scalps in the process.

So, Juniao! Tell us your story; how did you find jiu jitsu and how did you come to find yourself in London?

Well, I started jiu jitsu to try and lose weight to be honest. I was like a lot of people, I didn't look at jiu jitsu with good eyes because it was fighting, but I was really overweight at the time - I went to the doctor and they told me I had to lose weight. Then one day I came back from work and as soon as I got home I saw my friend was on the street talking about jiu jitsu. I remember, there was about fifteen guys there and all fifteen said, 'Yeah! On Monday we'll start!', 'Yeah me too!' so what happened is I asked if it helps to lose weight and my friend said, 'Of course, man!' so I said I'd give it a try.

This was on the Friday. On Saturday I bought a gi and on Monday I was knocking on his door to go to the gym, but now, from the twelve or fifteen guys, I was the only one who really started training. It was me, the fat boy from on the road, and if the fat boy can do it then we can do it too. So all of my friends starting training jiu jitsu and today, the only one who passed the blue belt was me. Most of them stopped at white belt, they were better than me but they stopped.

So which gym did you used to go to and who was your very first professor?

Well, my first gym was Gracie Barra so I can say I started there. My teacher was called Toninho which means 'Little Tony', from then I had to move to another city called Natal and I trained at two academies, but I was awarded my blue belt by Marcelo 'Tribal' there at his team.

What took you to the UK and meeting Roger?

Well, when I spoke to my teacher and told him I was moving to London, and even before speaking to him I thought, I will go there and train with Roger. As soon as I told him, he gave me an order and said, 'There is no option. You have to! You're not going to regret it,' so I said 'Okay, I'll do it!' I remember to this day, I wrote down the address on a piece of paper and when I got to London, within one week I had shown it to a friend. He said, 'Man, you're lucky, because it's just around the corner'. I was at my auntie's house, she lived in Kensal Green and walking, it's like five minutes away. That was lucky man, because when I came to London it was not to train jiu jitsu. I was really upset with my job in Brazil and I just wanted to change my life. I wanted to make life worth something so I said I would go, study and work, and of course, train my jiu jitsu if I could.

Is that something you would spread to your friends and students? If you're not happy, go out and change it?

Yeah, but I don't say to them 'you have to go change'. I believe one thing in life, you always have to look for something better for you, always you have to believe in dreams, so if something doesn't make you feel good, in Brazil, we say you have to run for your dreams. When I came to London, I released myself, because that was a nightmare and here becomes a dream so I don't regret it.

For example, I was a graphic designer for many years, it was my full time job. So, when I had the opportunity to go full time in jiu jitsu and teach at Roger's academy, it was a big step and I had to do it. For a long time I knew that was what I wanted. It changed my life completely, it was something completely different for me. My days changed completely - was it a risk? Yeah it was a risk but I believe in my dreams.

And what is the dream now?

To myself, I want to be a world champion. The World Champion at adult now is really far, but I'm not going to quit, I will try. I will try to win the World Masters, that is another dream and the dream is to have people really want to train with me, to really want to learn. I've come across students who couldn't even walk properly and now, training jiu jitsu, everything – their balance is better, their confidence and I've seen this through jiu jitsu and if people can find this for themselves, it would make me happy, really happy.

So, to see someone come to me and talk about what I have shown them, so this for me is something else. When I received my black belt this is what I said. I said, 'What I can do now is keep learning and passing on what I learn,' so I think this is my legacy, this is my main dream now, to keep the legacy alive.

We have seen you fight at Toukon on the big stage and you won the Absolute at the British Open, so you're chasing your other dream of being a world champion hard?

I'm not afraid to fight anybody. People find it funny, when I go to big tournaments I will say to people that I would like to fight against the best guy straight away. They ask why and I tell them

that maybe I'm not good enough to catch him in the final, so I want to get the chance in the first round. It sounds silly, but how many people get the opportunity to fight against people like Roger? How many people want to train with him but don't get the chance? How many people want to fight with him but don't get to? So that's what I'm saying, why not fight against the best guy? That's what you have to do if you want to be the best.

Since arriving as a blue belt in the UK, people who follow competition, they see that the toughest opponents in the UK – I have fought against every one of them. Always I was older than them, some of them were too young and now they're in their prime, but I'm past my prime. I still compete in adult [division]. It's testing my training, it's what I do.

So the World Masters this year?

From the main academy, there will be about ten guys. Last year though I went alone so I think this year will be a lot better. I think we will do maybe one or two training sessions there just to help the team. We'll all be training here, we're going to get Roger ready for his fights, so we're going to help him and he's going to help us for competition. I'll be going tonight, boom, straight to the academy for competition training for two hours with Roger.

What about Juniao's life out of jiu jitsu, we hear he's a musical kind of guy?

Oh come on! Who told you that? [Laughs] My gosh. When I started jiu jitsu I was in a band for about five years and then I quit the band because I wanted to take time for me. With the band, I couldn't have a girlfriend and stay with her in the weekend or the evening because you have to practise every night and then we would play at the weekends in different cities. It was hard to have a girlfriend because I was overweight and that used to p**s me off! So I said okay! I will lose weight and I will find someone for me, so I quit the band and started jiu jitsu. Then I met my partner now, who I'm with today and I have a daughter – she is my princess.

Now you're raising a family in the life you wanted. You didn't like Brazil, you moved. You didn't like your weight, so you lost some. Now, do you have everything you want apart from that gold medal at the Worlds?

Be healthy, I think this is the main thing. If you're healthy, then the rest you can fight through things no matter how hard. I really, badly, badly believe that there is nothing that you cannot achieve. I think if you work hard and you really want it, you can achieve. You never know if you don't try. Some people say, 'Ah, no! I'm not going to try this,' but I say man, you've said no already, so try the thing, that is the hardest part. This is the main thing I want in life, but talking about jiu jitsu? I got gold at the Europeans and bronze in the Absolute. I got the British too, so I want to get the gold in the Worlds of course, but the main one, I want to finish first in the rankings. I think I'm number five now on the Masters; it's not bad but I need it higher.

Keep climbing those rankings! So jiu jitsu is now all over the UK, have you found you have made a lot of friends, and how has the network changed throughout your time here?

Yes, I have met a lot of new people and I am always making new friends and connections at tournaments. Jiu jitsu has taken me to a lot of places so I've very glad for that. We know that it's going to improve even more in the next few years because there are more tournaments now with bigger divisions. It's a great thing. People are coming to the UK to train now, like, in Roger's academy, every week two people from America or from other places come to train and we meet people.

Have you found a lot of happiness in jiu jitsu?

Just last week, I had one student thank me and he said, 'Jiu jitsu has changed my life'. I'm no skinny guy, I'm a little fat, I said look, I eat thinking about my training, I think about whether it will affect my training or not. The place that I'm living is an advantage point to go to the academy, it can't be too far. I can walk to jiu jitsu, before I rejected a job because I would have to finish at 7pm and I couldn't get on time to train so I rejected it – even though it was a better salary. Everything was about jiu jitsu: the place I live, when and what I eat, it's all significant, even my job; everything, it's about jiu jitsu.

And now you're raising a family, in a new country and you're happy.

Yes, but I think I have the same problem as many guys in training jiu jitsu every night. My partner she says, 'Ah, go and sleep at the academy,' [Laughs] 'You just live on the mats,' blah, blah, blah. I have the same problem as everyone. I say come to train and people say, 'Oh my wife doesn't want me to come to training,' but I know what they're talking about. Just keep going guys, don't give up!

"I'M NOT AFRAID TO FIGHT ANYBODY. PEOPLE FIND IT FUNNY, WHEN I GO TO BIG TOURNAMENTS I WOULD LIKE TO FIGHT AGAINST THE BEST GUY STRAIGHT AWAY"

PORTRAIT: PAUL CORKERY

SAULO AND XANDE RIBEIRO

BROTHERS IN ARMS

THE PATCH WE WEAR ON OUR SLEEVE REPRESENTS SO MANY THINGS. IT REPRESENTS THE LINEAGE WE COME FROM, THE STYLE WE FAVOUR, AND IT ALSO REPRESENTS THE ADOPTED FAMILY WE HAVE EMBRACED. OUR TEAMMATES ARE OUR BROTHERS AND SISTERS.

PHOTOGRAPHY: FLAVIO SCORSATO

WORDS: FELIX RODRIGUEZ

"WE JUST TRAIN, LET OUR BJJ FLOW AND DO WHAT WE'VE TRAINED TO DO" - XANDE RIBEIRO

We learn with and through them, progress through the ranks together, share in the highs and lows of competition, and form bonds on and off the mats. The feeling of stepping up to the podium and receiving a medal for competing is hard to describe and even harder to equal. Though not as exhilarating, the feeling of watching a teammate receive a medal, when you spent hours training with them in preparation for that tournament, is a special feeling in and of its own right.

The deafening roars and chants between teams during the Mundials is a sight to be seen because of the sheer passion coming from each team's supporters. Hearing Alliance chanting, and later cheering in celebration of Bruno Malfacine's recent success will give goose bumps to anyone who trains jiu jitsu and has competed before. For obvious reasons, it's a fair assumption that celebrating a teammate's victory is not as special as earning the medal for yourself, but this is not always the case. For Saulo and Xande Ribeiro the success of one brother is as special, or more so, than the other's. Saulo and Xande have been life-long best friends and teammates, excelling at the highest level of competition for more than a decade. This is the story of the World Champion Ribeiro Brothers.

BLOOD IS THICKER THAN WATER

Saulo and Alexandre 'Xande' Ribeiro were born in Manaus, Brazil. The two brothers began training in 1991 in their home state. Their first instructor was Fabio Monteiro, who was dating their sister at the time. Saulo recalls them beginning their journey in the Gentle Art as "recreational" at first, but "then becoming a passion." When the brothers began their training at Monteiro Jiu Jitsu, Saulo was 15 and Xande was 9 years old.

Training became a unifying ritual for the two brothers who pushed each other to develop their top-level skills from early on. The Ribeiro brothers developed a supportive relationship, where they tried to become better instead of better than one another. They embraced having a sibling as a main training partner. The Ribeiro brothers believe that training together daily has been nothing but advantageous.

"We can train any time we want, anywhere we go, in any space, and we can go as hard, as physical and nasty as we can because at the end of the day, we love each other with everything we have. If somebody's going to bring the heat it better be somebody that I love so that I can appreciate it," says Saulo.

Instead of developing a rivalry, the two brothers became even closer as they progressed in training. As competitors, the camaraderie experienced by people who train together was felt exponentially. Saulo describes the experience of growing up as brothers and teammates as a bonding one. He notes, "I believe that if we did any kind of sport or martial art our energy would be the same. We have a strong balance and our family is the base of everything."

The bond between the two brothers is palpable when talking to them. They are on the same page, think as a unit, and generally speak in

"We live our lifestyle and live our code of conduct, and that brings us to life"
- Xande Ribeiro

"WE BELIEVE THE CHAMPION MENTALITY IS HOW YOU INSPIRE ENTHUSIASM" - SAULO RIBEIRO

the plural form when talking about their martial arts experiences. Regardless of who answers the questions, their responses, for the most part, begin with "We" instead of "I." Years of training, competing, and working towards the same goals together have made the brothers' closeness a unique relationship built on selflessness and mutual admiration. Those in attendance at the 2015 Mundials were able to see the connection between the brothers in full display when Saulo openly wept tears of joy after Xande won his 7th world title. The moment was captured in a photograph posted on Saulo's Facebook page. The black and white image shows him on his knees holding his face between his palms, with the caption reading, "When your brother wins his 7th World Championship, emotions flow like water."

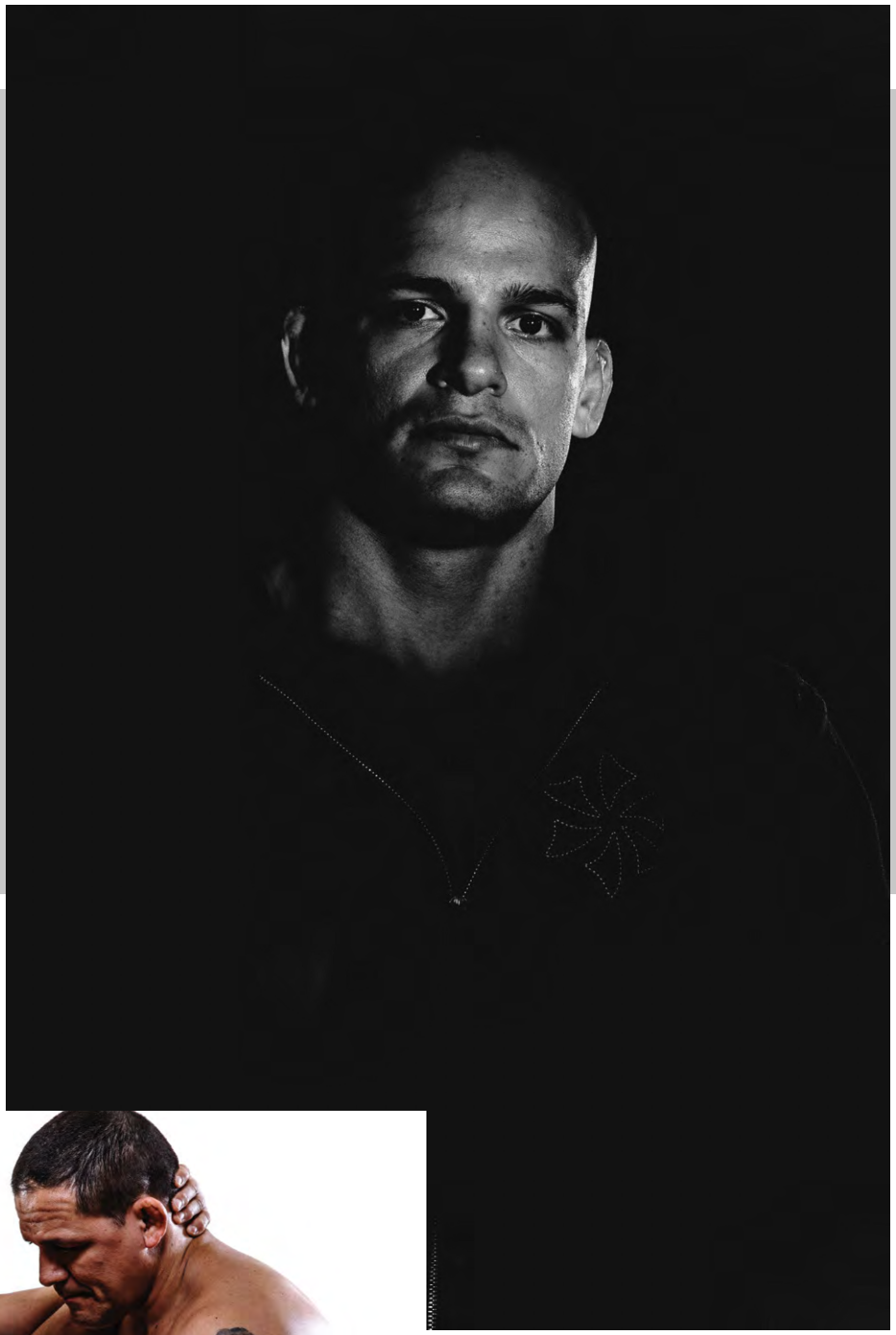
FROM MONTEIRO JIU JITSU TO GRACIE HUMAITA

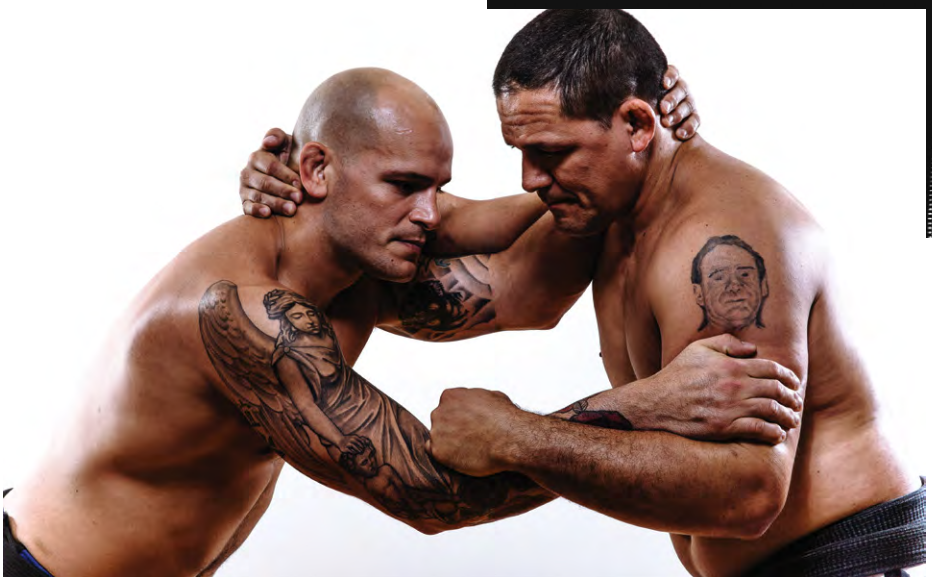
Saulo and Xande began training at the same time, but their progression through Brazilian jiu jitsu's ranking system differed because of the ages at which they were first introduced to the sport. Saulo, being 15, went directly into the adult ranking system of white, blue, purple, brown and black belts, whereas Xande came up through the children's ranking system of white, yellow, orange and green, before moving on to the adult ranking system when he was old enough. According to Saulo, he progressed faster than his brother, "because he began as a teenager," so there were fewer belts to earn, and thus his progression was faster.

The Ribeiro brothers already had a judo base and used it to their advantage to quickly excel under Fabio Monteiro. Their talent was obvious from early on, and once their interest blossomed into a full-blown obsession they set out to reach the highest pinnacles of competition. Their search for glory and their academic needs led them from Manaus to Rio de Janeiro. After moving to jiu jitsu's Mecca, both brothers took their already impressive base of knowledge and grew into formidable practitioners. Saulo and Xande stayed in Rio, eventually earning their black belts at Gracie Humaita, while training under Royler Gracie.

At first, the two brothers trained for fun in the Amazon and ramped up the frequency and intensity of training as their interest in the sport grew. According to Xande, they took things to a whole new level once they arrived in Rio, and that dedication led to their eventual successes. "We trained as kids, but when we went to Rio to go to college, then we [really] trained." Saulo and Xande became two of the most storied competitors in the history of the sport while fighting under the Humaita banner. Saulo, known as one of the fiercest and most respected men

"TRAINING WITH HELIO GRACIE IN 2002 REALLY LEFT AN IMPRESSION ON ME. I BELIEVE HE IS A MAN WITH A LOT OF PRINCIPLES AND A LOT OF UNTOUCHED PARALLELS. HE IS ONE OF THE GREATEST MEN TO LEAD THE LIFE OF A SAMURAI TO HAVE EVER LIVED IN THIS WORLD" - XANDE RIBEIRO





to ever step on the mats, won five World titles, two ADCC first place finishes, and also achieved the highest levels of success while competing in Pans and the World NoGi Championships. Xande followed in his brother's footsteps and upped the ante by winning an astonishing 7 world titles and also topping the podium twice at ADCC and Pans.

Both men took advantage of their natural ability and stellar tutelage to combine solid fundamentals, a hard work ethic and an indomitable will to succeed in order to become elite competitors, and instructors. Jiu jitsu

was their calling and they've been doing what they love to do ever since they were 15 and 9 respectively.

THE RIBEIRO JIU JITSU ASSOCIATION AND THE UNIVERSITY OF JIU JITSU

The Ribeiro brothers left Manaus for Rio de Janeiro and eventually left Brazil to move to the U.S. Xande arrived in America first, settling in Toledo, Ohio in 2002. Saulo would follow his younger brother to Ohio two years later, arriving in 2004. The brothers were based in Toledo and travelled teaching seminars until they packed their bags and left the American Midwest for the sunny beaches of San Diego, California, in 2007. That year the brothers established the Ribeiro Jiu Jitsu Association and opened their academy, University of Jiu Jitsu.

Saulo and Xande are not only elite competitors; they are also extremely accomplished instructors. They have acquired 25 years of knowledge and have developed some high level black belts along the way, like Rafael Lovato Jr. The brothers believe that when high-level competitors like themselves started leaving Brazil, for the U.S. at first and then the rest of the world, jiu jitsu started to improve drastically outside of Brazil and this helped bridge the existing talent gap.

"Nowadays jiu jitsu is a little more mainstream, a lot of videos on YouTube, and things like that. Coming up in Brazil it was tougher. Now there is more access to information; before, there wasn't much availability on the internet or a lot of high level instructors outside of Brazil. That's why we were a little behind, then a lot of guys like Saulo and myself started to move here and access to good jiu jitsu became easier. Then YouTube came into play as jiu jitsu was more popular, now there are many talented black belts born outside of Brazil. Guys like Lovato and many others, even the kids compete as professionals now! Kids that are 12 or 13 training 2-3 times a day and already with sponsors. I believe where we came from and where we're going now is totally different," notes Xande.

Saulo also notes that economic gain was an influence in how jiu jitsu developed outside of Brazil. "When jiu jitsu left Brazil, first it concentrated in the U.S. In America, jiu jitsu started to grow and this brought forward many business opportunities. These opportunities led to an increase of speed in which students were being promoted in rank. The result was an increased rate of speed in which black belts were being produced outside of Brazil. Jiu Jitsu began to spread more, but not always at the same level of quality as Brazil, where there are less black belts because of the lack of financial incentive to promote students faster. The quality is not the same, but at the end of the day the mats don't lie and you can see who the good [black belts] are. These are the ones that place at the World Championships and have the most successful academies and that's how it will keep being."

Xande and Saulo also believe that lack of economic means may impede many talented Brazilian practitioners from being able to leave their country and show the world their skills.

"Everything started in Brazil, the art has been established there for decades and it's part of the culture. There is a lot of raw talent there. People are hungry, they train hard, they focus and don't have as many distractions as we do here. They also lack the ability to travel so much like we do in the U.S. and in Europe. For me, if you want to train BJJ and be a real black belt you have to go to Brazil. It's really hard to describe the difference between training in Brazil and outside of it, you just have to be there to experience it and understand. There are so many talented people the world doesn't know about because they haven't had the opportunity to travel and get the needed exposure: go find them and train with them in Brazil!"

BECOMING WORLD CHAMPIONS: HARD WORK PAYS OFF

The secret to the Ribeiros' success is simple and even clichéd. They didn't set out to reinvent the wheel en route to their tremendous success as elite competitors; they simply chose a goal and worked hard to achieve it.

"There's really no other regiment. I'd go to military high school from 6:00am to 12:00pm, go home, eat lunch, rest, and get some homework done. Then I was at the academy from 4:00pm to 8:00pm. We just trained a lot! There really was no science behind it. Each day was a different task; one day we passed guard, one day we did sweeps, it all depended on the task of the day. There was really no secret, just a lot of hard work. A lot of training and being physically and mentally focused, that's pretty much how it goes, a lot of training with a lot of good people around you to train very hard. In my academy, if you can survive a day there then you can survive any tournament," says Xande.

Jiu jitsu is a way of life for the Ribeiro brothers. The format of competition is irrelevant to them because they believe in the philosophy that lies at the core of their approach. To them training is training, and they go about it the same way regardless of it being a regular Tuesday or it being the month before the Mundials.

Xande explains their preparation for competition. "We just train, let our BJJ flow and do what we've trained to do. If the fight is without points, like Metamoris, then it's a waiting game for the right opportunity to get a sub; if there are no points? No worries." The Ribeiro's approach to jiu jitsu training was put fully to the test this year when Xande competed in Metamoris under submission only rules and then went on to compete at the Mundials a few weeks later.

He notes of that experience, "I think your mindset just changes a little – maybe the mindset, but overall, we don't change our jiu jitsu, we just do what the rules and situations require from us, and we're alright. Our jiu jitsu is good for any time, any rules and anybody. Rules don't define who we are, we [as competitors] define ourselves"

Saulo and Xande's philosophy is simple; hard work pays off. They believe that their adaptable attitude towards training for competition also translates to real world applications, and is a recipe for success on and off the mats. Saulo notes, "We don't preach jiu jitsu, we preach life. Jiu jitsu is quality of life and leading a healthy lifestyle. Our family respects honour, discipline, loyalty and etiquette. I think if you keep those things in balance you have a good chance to be successful, and be a champion in your life, including jiu jitsu."

Xande adds, "Competition is competition. In the end we are able to adapt our jiu jitsu to evolving rules and compete at the highest level for organisations like the IBJJF, ADCC and Metamoris. Jiu Jitsu is our jiu jitsu; we have competed and lived the lifestyle for over 20 years and to this day we are still very competitive at the highest level. We live our lifestyle and live our code of conduct, and that brings us to life."

THE WILL TO COMPETE

Saulo and Xande grew up competing together, and sharing in each other's increasing levels of success. They competed multiple times together at Worlds and have progressed to compete at the Master's Worlds together as well, where both won double golds after competing there for the first time. Although the brothers enjoy the experience of competing alongside one another, nowadays they have opted to take turns being the competitor and the coach.

Xande explains that he and his brother have the same goals, and in order to succeed with the increased quality of competition they now prefer to take turns in order to best help one another to achieve the goals they set for themselves.

"It was my turn to compete at the 2015 Worlds so Saulo developed the game plan. We don't have a huge number of competitors; most of my students are doctors, lawyers and people with that type of life. At our academy we always say that we don't have the best ones, but we have the right ones. Our training philosophy will elevate our training partners. For example, when I first moved to America in 2002, most of my training partners were white and blue belts. That same year Saulo won ADCC and I won the open weight division at Pans. This helped us prove that our system worked. Everybody at our academy contributed energy towards that goal. In time we developed some exceptional students and our training got better, but our philosophy was always there from the beginning."

Saulo and Xande have inspired each other to reach the highest pinnacles of success in jiu jitsu competition. As their careers wind down they continue to rely on one another to continue to go out and represent their jiu jitsu philosophy and what they call a 'champion mentality.'

Saulo explains the concept. "We believe the champion mentality is how you inspire enthusiasm to your students and each other.

This can be competing, teaching, helping people, and also other ways. We need to keep alive the will to compete. As I've gotten older, sometimes I really feel the urge to compete and sometimes I don't. It all depends on what kind of energy we have around us and what kind of projects we are occupied with at the moment an event comes. While I want to be known for my own achievements, people like Wellington Megaton are a good example of this mentality."

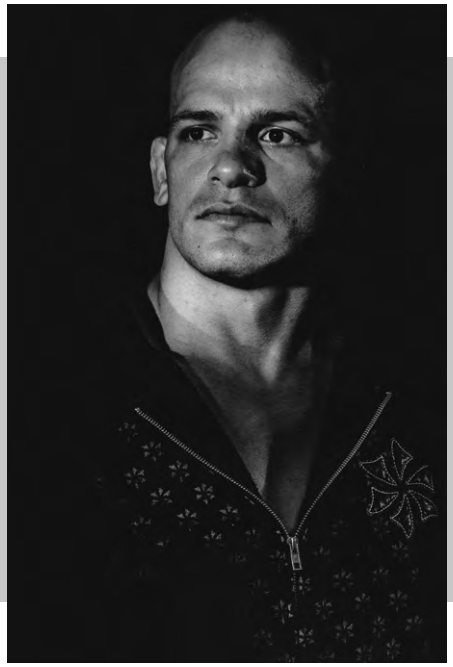
Xande also finds the accomplishments of Megaton inspiring as someone who has achieved "a level of greatness," and is particularly impressed by the fact that "he's competed in all 20 divisions of the Master's Worlds." Another pair of siblings known for their jiu jitsu, Helio and Carlos Gracie, also inspire Xande to continue excelling in the latter stages of his competitive career.

He notes, "Training with Helio Gracie in 2002 really left an impression on me. I believe he is a man with a lot of principles and a lot of untouched parallels. He is one of the greatest men to lead the life of a samurai to have ever lived in this world. He and his brother Carlos were so close and grew old together. Now I see my brother Saulo and I getting older together and I feel like we are kind of leading the same lifestyle and headed in that same path to accomplish our goals. How they grew old together inspires me to continue giving my best on and off the mats."

ESTABLISHING A LEGACY

Saulo and Xande have acquired an enviable depth of jiu jitsu knowledge throughout their 25-year careers. They have helped develop some of the most talented and successful black belts born outside of Brazil, and have built one of the most reputable and successful BJJ academies in the world. They have accomplished enough to be able to sit on their laurels and still be recognised as invaluable contributors to the Gentle Art, but they are not satisfied with their achievements.

Aside from continuing to compete for as long as they can, and growing their association, the Ribeiro brothers also want to leave behind the legacy of their jiu jitsu philosophy and make it available for anyone who is interested. They first began these efforts with the publication of *Jiu Jitsu University*, one of the most polished and thorough instructional books to ever come out for public consumption. The book was published in 2008 and was co-written by Kevin Howell. It is widely regarded as one of the best instructional books out there because of the way strategy and preparation for advancement are broken down for over 200 techniques. It is a comprehensive manual that is a must read for any jiu jitsu lover looking to expand their knowledge base.



"I BELIEVE THAT AFTER 25 YEARS OF EXPERIENCE AND OUR ACCOMPLISHMENTS, WE'RE HIGHLY QUALIFIED TO RECOMMEND A PATH OF RULES AND WE CAN'T WAIT TO HEAR THE OPINIONS OF THE COMMUNITY WHEN THEY SEE THEM" - SAULO RIBEIRO

Saulo describes the *Jiu Jitsu University* project "as a very special accomplishment" that was made possible by his collaboration with his brother, Xande and co-author, Kevin Howell. The book was so well received that Saulo and Xande are ramping up for the next edition where they plan on sharing all the new insights they've picked up in the seven years since the first book was published.

The final piece of the Ribeiro brothers' legacy is a project they have vested a lot of time in with the goal of improving the sport of jiu jitsu both for athletes and spectators. Saulo explained, "I believe that after 25 years of experience and our accomplishments, we're highly qualified to recommend a path of rules and we can't wait to hear the opinions of the community when they see them. I also believe that our format will help improve drastically the popularity of the sport and make it enjoyable for spectators who compete and those who don't as well."

The brothers have developed a reality show called *BJJ Library Challenge* that they hope will highlight the efficiency of their system and philosophy. The show is available for free streaming on YouTube and Saulo believes that "this alternate model can really help make a difference because it is the perfect format for TV and it is a novel way to attract interest in the sport." If the recommendations displayed in the show catch on, Saulo believes the overall experience for everyone involved will improve and this will, in turn, make BJJ more popular.

Saulo and Xande Ribeiro are two of the most decorated champions to have ever competed in sport jiu jitsu. The two brothers fell in love with the Gentle Art and have spent their entire lives dedicated to being the best athletes they could be while representing their teams in competition. The love and affection that each feels for the other and for what they do is obvious to anyone who spends a few minutes talking to them. They have spent two and a half decades refining their craft and excelling at the highest level of competition. While each man is talented in his own right, it can be debated that their brotherly bond has helped to inspire and improve the potential of the other.

THE GREAT DANE ALEX TRANS

At well over six foot, the best part of 115kg and ripped from head to toe, few grapplers cut a more intimidating figure than that of Danish super power, Alex Trans.

Despite a constant flow of talented European fighters making waves on the international stage, Alex is, without doubt, a crowning jewel and likely candidate to top the podium in the adult black belt divisions. He has already added world titles to his collection at both purple and brown belt, as well as picking up Brazilian National and European gold at black belt in 2012 and 2014 respectively. At just 26 years old, he's only just getting started.

Though currently living in the UAE, working as a jiu jitsu teacher in Abu Dhabi, Trans grew up in rural Denmark, where he was introduced to martial arts from an early age.

"I started training when I was thirteen, but I did Japanese jujitsu first," explains Alex. "Then after a couple of years my dad bought me a moped, so I would ride forty five minutes each way to train at an MMA gym that did jiu jitsu outside Copenhagen. Mike Pyle, the UFC fighter, would train there. It was nogi at first but then after a while we started with the gi.

"I originally wanted to train MMA. I told the head coach I wanted to do MMA, but I was only fifteen. He said, 'start training with jiu jitsu, and when you're a bit older you can do MMA'. In the end I got hooked on BJJ."

It was during his time in Brazil, alongside Helder Medeiros, that an opportunity to teach in the UAE landed in Alex's lap: "So Bob Esponja moved to Abu Dhabi in 2012, and at that time I had overstayed my allowed time in Brazil according to my visa, so when I left Brazil they said I couldn't come back for six months or something. Before, I always had to travel before the big competitions because I didn't have the structure and everything I needed back in Denmark. So when I couldn't go to Brazil, I spoke to my teacher Bob and I went to Abu Dhabi. I actually did my preparation for the 2013 Worlds in Abu Dhabi and then after that summer I also started to work here."

Trans' role with UAE Jiu Jitsu sees him working at schools, showing youngsters the benefits of jiu jitsu and a healthy lifestyle. As a nation not known for athletic accomplishments, or even participation, the school program is as much about education as it is sporting performance.

"We really do try and teach the kids from an educational point of view," explains Trans. "I really don't teach a class like I would in an academy – it's more about showing the kids values than anything else. They have to learn about discipline and commitment. Obviously we have fun with the jiu jitsu, we show them games and things like that and they are all from the age of ten to fourteen."

Despite a number of horror stories surrounding the treatment of jiu jitsu teachers in the UAE over the past twelve months, Trans' experience has been an extremely positive one. He is provided with a fully furnished apartment inside a beautiful complex, which also boasts a private beach.

"FOR SURE I HAVEN'T REACHED MY POTENTIAL YET AND MY GOAL IS TO BE COMPETING UNTIL I'M AT LEAST 35 – MAYBE OLDER. YOU SEE GUYS LIKE BRAULIO AND CYBORG WHO ARE STILL GOING STRONG"

With clear athletic ability, commitment and talent, Trans started to show early signs of potential as a competitor. As his love for the sport developed, it became clear that a new training environment was needed in order to reach full potential.

2009 saw Trans join the Checkmat team, fighting out of the Arte Suave academy in Copenhagen. It was after this switch and extra dedication to training that the beast we now know started to learn his craft.

"Back in 2009 I hadn't really been training very seriously, just two or three times a week and going out a lot," says Alex on his early training routine. "In 2010 after I'd switched to Checkmat I was training really hard, so when I won the Worlds that year it was probably the moment I thought that maybe I could be good at this. Winning the Worlds again at brown belt was pretty special as well. That made me realise I could push for medals."

As part of the Checkmat team, Alex went on to gain his black belt from Leo Vieira in 2011, as well as embarking on multiple prolonged training trips to Brazil. As well as learning Portuguese fluently, he also met his Brazilian wife during his time away from native Denmark.

"I spent a lot of time in Brazil between 2010 and 2012 – probably half of my time in total," says Alex. "I was training with Ricardo Vieira in Rio, Leo Vieira in Sao Paulo and also with my current teacher Helder "Bob Esponja" Medeiros. Bob Esponja had been to Denmark to do some seminars while I was there, so I trained with him a lot when I went to Brazil."

"I wake up at six in the morning and start work at seven until one," says Alex of his working day. "Sometimes we have to have meetings in the afternoon, and occasionally we have to attend competitions at the weekends. There's actually not that much focus on the coaches fighting, we are here to teach from their perspective."

UAE education dictates that jiu jitsu is included as part of children's physical curriculum. So where western cultures may be used to the idea of playing football or athletics during their PE lessons, Trans' students enjoy jiu jitsu as part of their school day. But, is it popular?

"Some of the kids really like it and they train outside of their school lessons – some of them train every day," states Trans. "At my school the kids probably train twice a week. I would say that the majority of the kids we have to convince to compete through games and stuff, because it's a bit of a culture shock for them here." The UAE Jiu Jitsu program has resulted in an ever growing influx of talented black belts emigrating to Abu Dhabi for work, which no doubt makes for some fantastic training sessions. The likes of Ricardo Evangelista, Marina Ribeiro and Luanna Alzuguir are just a few notable competitors currently living alongside Trans in the Emirates.

2014 saw the completion of Abu Dhabi's purpose-built jiu jitsu venue – the IPIC Arena. As well as hosting jiu jitsu tournaments, including the WPJJC, it is now home to the hordes of fighters looking to train.

"We used to train at the Combat Club, but now

THE GREAT DANE

we train at the IPIC Arena," says Trans. "The training here for me is really good. I don't have the most time to recover and sleep because of my work, so I have a busy schedule.

"Generally I go straight from work to do my physical training, then I go home and rest for a while in the afternoon. Then I train every night during the week. The weekend here is Friday - Saturday, so on Saturday I go to Al Ain, a city about ninety minutes away, to do some training there. I have always been used to doing two training sessions a day, but what I lose in time I make up with quality. The level of my training here is really, really good. I think there's maybe about twenty or thirty black belts where I train, and then there's around six or seven that are my weight."

"MY DAD BOUGHT ME A MOPED, SO I WOULD RIDE FORTY FIVE MINUTES EACH WAY TO TRAIN AT AN MMA GYM THAT DID JIU JITSU OUTSIDE COPENHAGEN. MIKE PYLE, THE UFC FIGHTER, WOULD TRAIN THERE"

The 2015 competition scene has been one of highs and lows for Trans. Having kicked off the year in style with fantastic performances at the Europeans, he also went on to push Marcus "Buchecha" Almeida close to the wire in two great matches at the Abu Dhabi World Pro. Sadly, the IBJJF Worlds ended in agonising fashion. With a final spot in the open weight division already sealed, Trans went on to beat his former teammate, Cavaca, in the ultra-heavyweight quarterfinal. Tragically, Trans also injured his knee badly during the bout, rendering him unable to continue and push for potential double gold on jiu jitsu's finest stage.

Trans' performances over the year have been gripping, defeating the likes of Keenan Cornelius and developing an exciting rivalry with both Buchecha and Bernardo Faria. Despite his injury setback in California, it can only be a matter of time before he reaches the top.

"I've won lots of stuff at the lower belts: Pan Ams, Brazilian Nationals, Worlds – weight and open weight. I didn't lose at all as a brown belt," says Trans in reflection. "I've fought a lot of very talented guys now but - that said - it's very different when you come to black belt. But, any fight is the same in my head, you have to try and see them all as just normal. Almost all your fights at the top level are tough, so fighting guys like Keenan, Buchecha or whoever becomes very common."

Considering his humble jiu jitsu beginnings living and training in Denmark, it's amazing to see Trans flying the flag for Europe on the biggest stages. His size and strength can easily overshadow his technique and speed, with the Dane quite possibly representing the epitome of what a modern day heavyweight should be.

"I guess in a way I'm proud," says Trans on his success and representing Europe. "It's not that nationality matters on the mat, but for people in Europe it's not as easy to reach the top level. When I was younger I didn't have a coach there on the mat with me every day to push me, and there weren't that many great people for me to train with. I didn't start training seriously until I was a little older as well, so maybe I can be some kind of inspiration for people."

A 2011 World Nogi title at brown belt suggests Trans is far from being a one trick pony. In fact, keen fans may remember his more than spirited performance at the 2011 ADCC in Nottingham, England, against the legendary Fabricio Werdum.

"Yeah, that was a fun fight," recalls Trans. "It was funny because it was tied at 0-0 and then when I stood up I saw they'd given me two minus points for some reason. I don't really know what they were for, but I think he would have won anyway, because I was trying to sweep from half guard, and nothing was really happening, so he was controlling the fight really."

With so much experience at major events over the years, perhaps the one arena still awaiting the Dane is that of submission only grappling. With more and more high profile events, such as Polaris Pro and Submission Series Pro popping up, surely it's only a matter of time before Trans is enrolled?

"I'd really like that opportunity and I think it would really help my style," says Trans on submission only events. "If you look at some of my fights I start slow, get behind on points and them come through stronger at the end. I like ten minute fights and I'd like longer if I could do it – that's the way I like to train as well. I believe things become more interesting when you're both tired – maybe that's strange for a 100kg to say (laughs). I'm not an explosive guy really. I also really like the idea of no points in jiu jitsu. I understand that it can be anti-climactic if there's lots of draws, but maybe they can find something to make this better.

"The thing is that sometimes when you pass or make a positive advancement in a fight there's a moment when you can either look to attack in a transition or stabilise the position for points. When there are time constraints you have to think about winning the fight, so I believe submission only or no time limit could represent more a real flowing match."

As a fighter, Alex clearly has all the tools to reach the top. His patented deep half guard has been undoing opponents for years – and his pressure on top is as nasty as it gets.

"I think I started doing half guard because I am big, slow and wouldn't move my hips enough to play open guard (laughs)," explains Alex. "One of my first trainers taught me a lot of half guard and it just seemed to work well for me. I have been trying recently to play more open guard, some de la Riva and different things.

"The thing is, sometimes when you try to go directly to half guard you just get smashed, especially at the black belt level. It was easier at brown and purple belt, but now it's not so easy. That's why I'm working hard on my open guard to create another option."

All the talent in the world means nothing without hard work. With a full time job on his hands and the structure of a working day, Alex's diet and physical preparation are still taken extremely seriously - no doubt having a huge impact on his immense athleticism.

"In the morning I make a shake with some protein, bananas, frozen strawberries and water," says Alex. "I blend that up and that's my breakfast. Then I eat again during the day at school and my meal will consist of mostly brown rice, pasta or sweet potato with chicken or fish. When I come home from physical training I'll eat another regular meal, then I'll eat some fruit or something light before training in the evening. Every now and then I'll have a pizza, but I don't binge after competitions or anything like that. I used to drink sodas, but I've not done that for over a year now. It's great not having to cut weight so I can eat as much as I want really.

"When it comes to physical preparation, I'm trying to learn the Olympic movements better actually. I've started to squat again now because before I've had a lot of lower back problems. In 2012 I hurt my lower back really bad and I think it was a combination of a weak core and me doing lots of upside down guard stuff in training.

"In 2013 at the Worlds I'd barely been able to train. I had to wear this belt all the time and when I went to stand up out of a seat I'd need to lean on the wall. I was really worried that the 2013 Worlds would be my last competition actually. Anyway, I started to really focus on working my core after that and now I am even able to do squats and deadlifts again. I do low reps and heavy weight, but then close to competition I'll do anaerobic, lactic acid training."

Even with such an impressive haul of medals under his belt and maturity about his training ahead of his years, Trans has yet to hit top gear. Competing in an era full of talented adversaries, the Dane will clearly have to beat the best in order to become the best. Fuelled by a hunger for success, he's clearly only just getting started on his journey.

"No, definitely no," states Trans when asked if he's reached his full potential. "I feel like I still have room to make my training routine better. Here in Abu Dhabi I can train once a day. It's great training, but the best in the world are on the mat twice a day. For sure I haven't reached my potential yet and my goal is to be competing until I'm at least 35 – maybe older. You see guys like Braulio and Cyborg who are still going strong. I think maybe people used to retire earlier more to do with financial reasons, but now we are able to make more of a living through jiu jitsu and that closes the door to things like MMA. I used to want to do MMA, but I've reached a place through jiu jitsu where I can live a decent life and look after my family. Jiu jitsu is my passion and I want to focus on being the best that I can."
With his profile growing quickly as a fighter and true pedigree as a teacher, the world really is Trans' oyster. Living life through jiu jitsu is a tough endeavour, but an endeavour that is becoming more realistic as the sport continues to grow globally. With that said, Alex's dream of opening an academy back home in Denmark may have to wait for now.

"I think unfortunately it's going to be difficult for me to head back to Denmark," explains Trans. "As long as I am competing it is very difficult, it's unrealistic that I can do things professionally at home, even though I miss my family a lot. One day I have plans to open my own academy and I want to do jiu jitsu for the rest of my life – I'm no good at anything else. But in Denmark it's really hard to make a living through jiu jitsu still, so that also makes it hard to see me going back anytime soon.

"I have a great opportunity here in Abu Dhabi, but in the future I'd like to be able to train more, compete more and have my own academy. Maybe in the USA, maybe in Brazil or some other place in Europe, but probably Denmark will only be for vacation at the moment."

Wherever Trans finds himself in the future, you can rest assured he will make a success of it. He's a man who chooses to get his head down and grind, not to make excuses or shout about himself on the internet. Humble in both defeat and in victory, Europe can be proud of their leading man.

"I want to fight the best in the world because that's what keeps me motivated and gives me the most satisfaction as a fighter," says Trans in closing. "I will keep working hard to be the best that I can be, and I will always be thankful that I have jiu jitsu in my life."

HARMONIK
KORAL GIRL
LIETUVA

DOMINYKA OBELENYTE

At just six-years-old, Dominyka Obelenyte made the journey from Lithuania to America to join her parents who had gone ahead to prepare for their new lives. She began training Japanese jujitsu in Queens, New York, after witnessing violent episodes between other children at her new elementary school. Wary of being bullied herself, she began another journey that she never imagined would bring her to where she is today. This year at the 2015 Mundials, nineteen-year-old Obelenyte took home double gold after only receiving her black belt from Marcelo Garcia in January.

In our recent interview, Dominyka shared her thoughts about training with Garcia's "Dream Team", winning Mundial gold at every belt level and competing against her teammate, Gabi Garcia.

Hey Dominyka, thanks for talking to us. How did you come to start training jiu jitsu?

Well, when I first moved here to the United States, I lived in Queens with my family and I went to this elementary school and to be honest, the people were kind of shady. Sometimes the kids got into fights and sometimes they got pretty violent. I was really afraid of being bullied and my dad was really afraid of me getting bullied so he signed me up for Japanese jujitsu classes. That was like punching, kicking, a little bit of judo, a little bit of ground stuff, but it wasn't like Brazilian jiu jitsu at all. And then when we moved to New Jersey and we were trying to look for gyms that had something similar to Japanese-style jujitsu, we couldn't really find anything. And then he just found, I think in an ad one day, a Brazilian jiu jitsu place and I went and checked it out. I thought it was pretty weird but I just kept going with it and I eventually came to like it.

Were you at that school for a long time?

My original Brazilian jiu jitsu school? Yeah, I was there from white to orange belt, so yeah, it was quite some time.

What made you switch to Marcelo's?

Actually, before I came to Marcelo's, I was under Team Lloyd Irvin for a little bit. I mostly trained with JT Torres and Jay, but I was officially under the team. So then they left and after a while I realised that I wasn't really getting a lot of training in at the actual school so I was like, "Why am I under this school?" And at the time I had met Emily Kwok and she was under Marcelo. She was the one who encouraged me to eventually go and check out classes there and when I did, I fell in love with it.

It's been said that Marcelo encourages his students to adapt to his style of jiu jitsu, do you find that to be accurate?

I think it's true to some extent but he doesn't push it on us. When I first started training there he did show us a lot of moves that were just kind of from his style, like a lot of butterfly guard, a lot of x-guard... not a lot of spider, de la Riva or anything that was really outside of his game. But I am so not talented at butterfly guard and I was so bad at x-guard when I first started that I never really adapted to his game. And even still now, I don't think I play too much into his game. I do some x-guard and I use some of the moves that he's taught me, especially the "monoplata" and things like that, but I don't think my game is very similar to his at all. I do think that he would like for his students to take parts of his game and incorporate them into their own, for sure.

What does he think about your game, being kind of unorthodox?

I've never sat down with him about this but I think he thinks I have a weird game. I think everyone thinks I have a weird game, myself included.

How much time do you spend drilling or flow rolling or intense rolling?

I really don't like flow rolling. People that know me will attest to the fact that when I said that I would try to flow roll it all went downhill and it turned into an intense roll after two minutes. It feels weird to me, flow rolling, because I'm like, "What you're doing doesn't feel like a natural reaction." And I want you to, like, fight me, you know? Try to make my moves not work because I want to test them out to see if they're working on you or not for real. So I would say that a majority of my training, if not all of it, is just intense rolling.

Do you feel like training with the guys on the Dream Team in particular has taken your game to where it is now?

I think that this year especially, they helped out a lot with my guard. Because they're all such good and strong passers, I've had to add so many different techniques and so many different variations and transitions from my guard and all of those weird submissions that I've been throwing out recently.

Actually my dad helped me come up with some of these weird submissions that I do right now. The reason we came up with them is because it was so hard to put my training partners into bad positions and since nobody knew what these positions were I could usually catch them.

What do you think it would take for women to be recognised in the same way that men are in our sport?

You know, that's really tricky, because I feel like with the Metamoris thing, it kind of goes both ways because that also ties in with the whole women not getting the same rewards when tournaments do decide to give money prizes. They definitely get a lot less and you have to do a lot more to get the rewards. I think a lot of women are like, they don't want that to happen but at the same time we don't really do a lot to try and change it. I feel like if we all collectively as a team decided to say, "Hey! No, this is not cool, you should pay us more", and we all decided to protest it would really work. But at the same time I feel like there are a lot of, especially Brazilian women, that don't get a lot of opportunity so if there's a monetary prize involved, they're definitely going to do it, they're definitely going to try and win, you know? There's a lot of motivation there for them.

What was it like to win the World Championships at every belt level and were you surprised to win it so soon after getting your black belt?

OK so, it was a big surprise when I was a blue belt because I did not think I was going to win! When I was a blue belt, I was fourteen. Actually, I wasn't even a blue belt; I was a green belt, but I borrowed a blue belt so I could compete. And about two weeks before, popped out my rib just drilling moves and I had to get it popped back in a few more times, but it just kept popping out and the pain was just so bad... So I wasn't training for those two weeks and then my dad was like, "How are you going to compete?" and I said, "Let's

"I HAD NO IDEA I WAS GOING TO GET THIS FAR IN THE ABSOLUTE, I THOUGHT, YOU KNOW... OF COURSE, I BELIEVED IN MYSELF BUT I WAS JUST LIKE, YOU'RE NOT GOING TO WIN ABSOLUTE YOUR FIRST YEAR AS A BLACK BELT"

just do it, I don't care. We bought the ticket, let's just go."

I ended up going to California and I took a bunch of pain killers that gave me fever so I couldn't really eat and I was feeling nauseous the whole time I was in California. And I remember, I was walking up the steps in the pyramid and I was so exhausted by the time I got up there that I was like, "I don't think I'm going to make it past the first match." And then in my first match, the girl passed my guard and I had never had somebody do that to me before and I was feeling very down. Marcelo's wife just kept screaming at me to keep going and to not give up and I think I beat the girl then by four more points. After the fight I just sat off to the side and took a nap and then my dad he just told me, "You know, you won the first fight, there's just a few more fights left. You could win this thing." And I thought to myself, "Yeah, you're right, I could win this thing!" And then I did and it was really cool.

But after I won my first Worlds, I kind of had that motivation in the back of my head to say that I'm going to try and win this at every single belt level no matter what. In my purple belt Worlds, in my weight category, I actually lost in the finals and I was feeling really, really down. I was just like, "OK, that's it, I didn't win Worlds, I'm not cool anymore." But my dad encouraged me to do the Absolute, too. So I signed up for Absolute and I was kind of freaking out because my first match was Cris Cyborg; she was supposed to be my first fight.

Oh no!

Yeah! Giant Cris Cyborg! I was a fifteen-year-old kid and I was like, "Cris Cyborg is going to come here and she's going to beat me up." But she didn't show up for the Absolute. I had three more fights until I met the same girl that beat me in my division and I ended up beating her. Then I was like, "OK, that's it, this dream is back on!"

And then brown belt Worlds was a lot easier. I was evening out the ages between my opponents and me. Then this Worlds was just ridiculous, it was mind blowing. I had no idea I was going to get this far in the Absolute, I thought, you know... of course, I believed in myself but I was just like, "You're not going to win

Absolute your first year as a black belt."

I was watching your finals match, I think it was the Absolute, and you looked like, "Yeah, I'm chill".

I think that might have been Absolute because for my weight division, the girl had me in like spider guard with my lapel and the weird thing was, the ref, he would move my lapel back because she was putting her foot in the inside of my gi. I was like, that shouldn't be legal. And he kept moving it back and he kept telling her in Portuguese, "You can't do that, you can't put your foot there." And she was like, "But this is my move, I'm supposed to put my foot there! And he was like, "No, you can't do it!" And I'm like, "Stop talking! You're not supposed to be talking!" I'm like, "You could get disqualified!"

But that was cool and then yeah, I think because I got the first match over with and I had won, I felt a lot calmer for my Absolute. I went into my Absolute like, "You know what, whatever happens, happens. I'm pretty confident in myself even though I fought Monique before. I've lost to her before, I've won against her before… but I feel like I can really take this one home."

And you did. What has been your most memorable match, so far?

My most memorable match overall would probably be this year's Absolute because I fought Monique before as a brown belt and a purple belt and we always, always, always had these tight matches where it's like anyone's call. She's won some, I've won some... and this was like the ultimate test, you know, it's the Absolute and you're fighting one of the people that you've lost to the most, you've competed against the most... and the fact that I was able to win by more than just a referee's decision, or like one advantage... that really meant a lot to me.

What was it like competing against Gabi Garcia?

It was an interesting experience. Gabi and I, we're not enemies or anything. People were asking me afterwards, "Are you going to fight Gabi again? Is there a rematch coming up soon?" And I was like, "Not really, no." Because, first of all, she's my teammate; we're both under Alliance. Second of all, I really like her and she really likes and respects me, too. So I want to keep our friendship nice and stable.

The reason we fought in Abu Dhabi was because if you don't fight, you get disqualified. That's how it works. I didn't want to get disqualified, she didn't want to get disqualified, so we fought. You know, it wasn't like we became enemies afterwards. After the fight, we hugged, we took a selfie together, and it was fine. That's how things go.

I know you spend a lot of time training, but I read that you're also a student. What are you studying in school?

It used to be financial economics but that kind of fell through because I didn't have that much interest in it. Now I'm going to be double majoring in visual arts and sociology.

Do you plan on focusing your career on jiu jitsu or going into MMA?

Oh, no way! No MMA for this one! That's so funny, a lot of people ask me am I ever going to do MMA and I'm just like no, I don't ever want to feel a punch in my face. That's not for me.

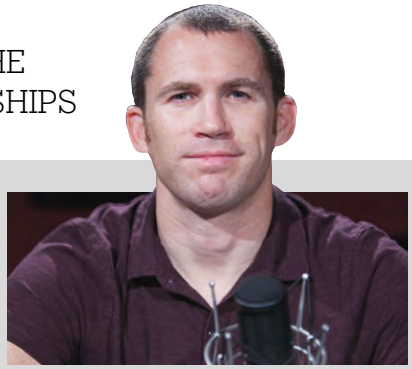
What do you see for your future in jiu jitsu?

I don't know. I feel as though I just accomplished one of my biggest goals, if not my biggest goal. I don't really know what else I can do except just keep training, keep competing, keep bringing home the gold. And that's it, you know.

I don't think I necessarily want to make this my career, like, entirely. I love it, I would love to make money off of it, I still want to compete for sure and I want to do this, like I said, for the rest of my life, but this is more like if my original life plans for a career don't work out then this will be a Plan B. I'll try to open up a school, you know, do this thing!

BUDO JAKE

SEVEN STORIES FROM THE 2015 WORLD CHAMPIONSHIPS



IT'S MONDAY MORNING AFTER THE 2015 JIU JITSU WORLD CHAMPIONSHIPS AND MY EYES ARE STILL RED FROM THE FOUR LONG DAYS. IT'S A HUGE PRODUCTION PUTTING ON THE LIVE BROADCAST THAT COVERS TWELVE MATCHES GOING ON AT THE SAME TIME FOR FOUR FULL DAYS. MOST OF MY TIME WAS SPENT IN THE COMMENTARY BOOTH WITH SHAWN WILLIAMS AND DAN LUKEHART AS WE DID OUR BEST TO KEEP THE VIEWERS AT HOME UP TO SPEED WITH EVERYTHING THAT WAS GOING ON IN THE MATCHES.

There was so much going on that it was just impossible to take it all in. There were dozens of stories made at this year's Worlds, and while this article isn't long enough to cover all of them, here are the ones that are still resonating in my mind after a long week with little sleep.

STORY 1: EDWIN NAJMI

Edwin has been Romulo Barral's protégé for a few years now. He's made BJJ his life's work, training multiple times a day, competing both nationally and internationally, and also traveling the globe teaching seminars. These are rare accomplishments for a brown belt, but Edwin is not your average brown belt. Edwin has made a name for himself on the competition scene for his exciting submission oriented game - namely his flying triangles. He's done so many of them that his opponents usually know to watch out for them. When someone is REALLY good at a particular move however, they can usually find a way to make it happen. In Edwin's six matches on the way to gold in the lightweight division, he got two flying triangles, a darce, a bow and arrow choke, an Estima lock, and won the final on points. Despite only having his brown belt for one year, Romulo Barral awarded Edwin his black belt on the podium. I'm sure I'm not alone in my excitement to see him competing at the black belt level.

STORY 2: BUCHECHA

Going into the event one would be hard pressed to find someone to bet against Buchecha securing his fourth double gold; gold in his weight class and gold in the Absolute. Unfortunately, Buchecha had a tragic injury during his absolute match when Ricardo Evangelista went for a waiter's sweep and the torque tore two ligaments in Buchecha's knee.

Fueled by adrenaline and heart, Buchecha made it the rest of the way through the match but wasn't able to continue after that. It's sad to see anyone get injured, especially the reigning champ.

STORY 3: SPRIGGS VS KEENAN

Tim Spriggs and Keenan Cornelius used to train together when Keenan was part of Team Lloyd Irvin. Whenever ex-teammates fight, there is always a little drama, as each one knows each other's game very well. They fought each other twice this weekend; once in the open weight division and again in their weight division. The tension was palpable when they faced off in the open division. Keenan dominated the match and won with a score of eight to two.

When they faced off the following day in their weight division, I had to wonder if the outcome would be any different. Both athletes had all night to think about a fresh, new strategy. Keenan looked calm and indifferent as he stepped onto the mat. Tim, on the other hand, looked pumped up and hungry. Surprisingly, the most important part of the match happened in the first minute as Tim was awarded a takedown by securing a grip before Keenan pulled guard. With this early two-point lead, Tim had to be very careful to protect his position on the scoreboard. Keenan launched attack after attack but Tim did a great job of keeping his distance and staying out of any real danger. It's worth noting that Tim wasn't entirely defensive, he was still pushing the guard pass through most of the match. With Keenan unable to put any points on the board, the victory went to Spriggs. With one win going to each athlete this sets up a rivalry that the fans are sure to enjoy in the many BJJ events to come.

Keenan Cornelius vs Tim Spriggs

Marcus Almeida vs Ricardo Evangelista

STORY 4: TEAM MG

While Marcelo Garcia is no longer competing, we are still able to enjoy the fruits of his work through his students. He has recently promoted his first batch of black belts and most of them are still adapting to life at the world-class black belt level. There are only chances for two athletes to double gold at the Worlds - one man and one woman. There happened to be two very talented individuals that achieved double gold this year and BOTH train at Marcelo's academy. One is Bernardo Faria who stormed his way through his weight class and open weight (although the absence of Buchecha made this much easier). Nevertheless, Bernardo looked sharper than ever this year, even dominating and submitting Leandro Lo in the open weight.

The other athlete to score two gold medals was Dominyka Obeleynte. She is Marcelo's first black belt and she made her mark on the BJJ world at the event. I'm going to go out on a limb and

Xande Ribeiro

Now available in the iTunes
App Store
GET IT ON
Google play
Also Available
ON DEMAND
FAVELA
JIU JITSU
FERNANDO TERERÊ
COLLECTION
DISC 4 SUBMISSIONS
DISC 5 SUBMISSIONS FROM BOTTOM
DISC 6 BACK ATTACKS
DVD VIDEO
Fernando Terere, multiple time world medalist is here to bring you his 6 DVD collection on guard passing and submissions! Learn from the man who helped raise champions such as Andre Galvao, Rubens Charles, Michael Langhi and Lucas Lepri.
Languages - Original Portuguese with optional English and Japanese voiceover
Available at
Budo videos
www.BUDOVIDEOS.com
/budo4life
@budovideos

guess that she is the first athlete to ever double gold at the Worlds in her first year as a black belt. That is an incredible accomplishment.

While Marcelo isn't enjoying the gold medals from his own competitions these days, he must be very proud of the students who train under him.

STORY 5: TEAM ALLIANCE X

If you follow BJJ competitions, you know that team Alliance puts a LOT of focus on winning the team trophy, and why not? It's an incredible marketing tool. They can say that they have the best team in the world (based on team performances at the big tournaments). Now does that really make them the best team? In my opinion, there are many factors that go into making a team great and competition success is just one of those factors. Still, it is an amazing accomplishment; one that requires a lot of planning, training, and professionalism. This year marked the TENTH year that Alliance won the team trophy at the Worlds. That's something that the team leaders Fabio Gurgel, Alexandre Paiva, and Jacare Cavalcanti must be very proud of.

STORY 6: MEGATON 20

Wellington Dias, better known as Megaton, is a man known for many things. He runs a successful BJJ school in Phoenix, Arizona, he is the father of world champ Mackenzie Dern, but also, he is the only athlete to have competed in EVERY BJJ world championship. That's twenty years in a row of adult competitions for those of you that are counting. How amazing is that? That is what I call dedication!

STORY 7: 7X CHAMPS BRUNO MALFACINE & XANDE RIBEIRO

After a six-year absence at the Worlds, it was great to see Xande step back onto the mats. He was bold in his Instagram posts before the event when he wrote *"...best answer is to step into the arena one more time and keep the legacy alive. And I dare you to come and get me!!"* Xande had no easy matches, particularly his final match against Lucas Leite, but again Xande showed us why he is the champ as he earned his seventh gold medal.

The other newly crowned seven-time champion is Bruno Malfacine. He had a razor close final match against the resilient Joao Miyao but was able to come out on top. It's worth noting that Xande and Bruno are the ONLY men's seven time world champs. The only male athlete having more gold medals is Roger Gracie, the ten-time champion.

Having worked at the Worlds' events for the past eight years, I have many great memories, but I can say with certainty that the 2015 World Championships was one of the standouts. It was a fantastic event full of many more stories than I have been able to share with you in my column here. Not only the great work by the athletes, we also saw improvements by the IBJJF with their video replay technology to ensure more accurate scoring, and also improvements for the in-person audience with a huge screen at the venue showing the black belt fighters and their stats before the finals matches.

Thank you to everyone who watched live at the event or online at ibjjftv.com. I can't wait for next year!

Bernardo Faria vs Roberto Alencar

BJJ TO COMBAT BULLYING

BULLYING, WHETHER EMOTIONAL OR PHYSICAL, IS A PROBLEM THAT IMPACTS PEOPLE OF ALL ETHNICITIES, CULTURES AND AGES, REGARDLESS OF SOCIO-ECONOMIC STANDING. CHILDREN AND TEENS DEAL WITH IT IN NEIGHBOURHOOD PLAYGROUNDS AND AT SCHOOL, WHILST ADULTS OFTEN HAVE TO FACE BULLYING AT WORK AND IN SOCIAL GROUPS.

To make matters worse, bullying can have enormous impact on us in the present and in how we continue our lives in the future. None of us are protected from being exposed to it, so the question is: "How are we are prepared to deal with bullying, individually and in the groups we participate in?"

One of the many benefits of Brazilian jiu jitsu is that it addresses bullying in a variety of ways and from different angles. Let us take a look at how BJJ can help us eliminate, or at least minimise, bullying in our lives.

BJJ BUILDS CHARACTER AND PROMOTES EMPATHY

One of the least talked about ways BJJ helps prevent bullying is how it takes away the desire to bully. Bullying is often revealed to be the product of the bully's fear and insecurity. The harm the bully is doing to someone else is actually a physical manifestation of inner pain or turmoil. Take away or address that pain and the "need" to bully should go with it. The combination of technical instruction and regular sparring in BJJ training allows us to face fear and insecurity in a way that allows for incremental growth and achievement.

As inexperienced and relatively unskilled participants, we tap early and often. Consistent training and experience give us more tools, and we start to see improvement in our sparring as a result. Eventually, we become the more experienced and skilled practitioners on the mat - at least in relation to newer training partners - and our sparring results start to change accordingly. Sometimes, we even advance to a point where the paradigm completely shifts and we are among the most skilled athletes in our training environments.

Again, regardless of where we end up, participation in this process forces us to face insecurities and fear while processing them in positive ways that allow for improvement. It also gives us an appreciation of how it feels to be in a situation where we are dealing with people who have more "power". This promotes the kind of empathy that bullies often lack. Both of these character-building results can be major factors in preventing a potential bully from ever coming to be by addressing the core problems of the potential bully and stimulating real character development.

BJJ TEACHES SELF-DEFENCE AND BUILDS CONFIDENCE

The worst-case scenario when confronted by a bully is that we will have to physically defend ourselves. Learning BJJ, whether our focus is sport or self-defence, teaches us skills and techniques that will help us in hand-to-hand combat situations. YouTube is full of videos that show that very basic BJJ gives us the tools to deal with potential bullies (search 'BJJ street fights' and you will find quite a few). That reality and the process of getting better at BJJ, as described in the first point, work together to build our confidence.

Often, the confidence that we CAN handle a situation translates into the ability to avoid the situation while dissuading the bully from continuing to bother us. When I lived in Los Angeles, I spent a lot of time with training partner and friend, Jackson Lee. Currently a BJJ brown belt, Jackson is and always has been very laid-back regardless of the surroundings, and sometimes bad-intentioned strangers would try to "take advantage" of him as they mistook his kindness for weakness. Jackson had the confidence to "set the record straight" and deal with these people without ever putting them down or resorting to violence. Some of that ability came from his innate character but a lot of it came from the confidence he developed on the BJJ mat. Whether situations get physical

"LEARNING BJJ, WHETHER OUR FOCUS IS SPORT OR SELF-DEFENCE, TEACHES US SKILLS AND TECHNIQUES THAT WILL HELP US IN HAND-TO-HAND COMBAT SITUATIONS"

or simply uncomfortable, BJJ gives us the confidence to handle them in ways we can feel comfortable with.

BJJ GIVES US AN OUTLET FOR EXCESS ENERGY AND PROVIDES HEALTHY COMPETITION

One the things I hear the most from new students interested in BJJ is that they are looking for something challenging or competitive to do as adults. Often they are former school or even pro athletes who are seeking a new challenge that they can take on in their current stage of life - whether they are retired from their sport, have a family, have schedule limitations, etc. The beauty of BJJ training is that it fills this need for us whatever our age, schedule limitations or goals.

One of the best recent trends in BJJ is the advent of international ranking systems by the largest organisations such as the IBJJF. These organisations run regular tournaments where competitors are separated by rank, weight and age, which allows us to compete on relatively equal footing at an international level. This represents the top end of the competitive scale for us all - from the potential world-class athlete to the recreational athlete and everyone in-between. At all levels, BJJ is a combat sport so most classes end in sparring of some sort. Even friendly sparring is competitive in nature and that is an excellent outlet for energy and the fire that a competitive nature can be inside of us.

Having this healthy way to be competitive and use our energy can have a real effect on our daily lives. I interviewed former UFC champion, BJJ world champion, ADCC medalist and Renzo Gracie black belt, Matt Serra, a few years ago and one of the things that stood out to me was his appreciation for the impact BJJ has had on his life. Matt spoke fondly of his years training at the Renzo Gracie Academy and of the honour it was to compete (and win) for Renzo's team at the highest levels of BJJ, nogi grappling and MMA. Anyone who has watched Matt compete whether in BJJ or in the UFC, can attest to the fire of competitive energy burning in his heart. BJJ gave Matt, as it gives all of us, the ability to let that fire burn in ways that are productive. BJJ takes energy that could be used for bullying and allows it to be used in a positive way.

BJJ GIVES US FOCUS AND DIRECTION

The "process" of getting better at BJJ is something often mentioned and referred to as being valuable in its own right. Constantly being forced to evaluate what we are doing and make changes to get earned, quantifiable results develops focus and gives us a sense of direction. These in turn give us an appreciation

for constructive criticism from the people who help us make those changes. The self-respect we develop for ourselves by recognising our contribution to this process helps our senses of self-awareness and self-worth evolve and grow in healthy ways.

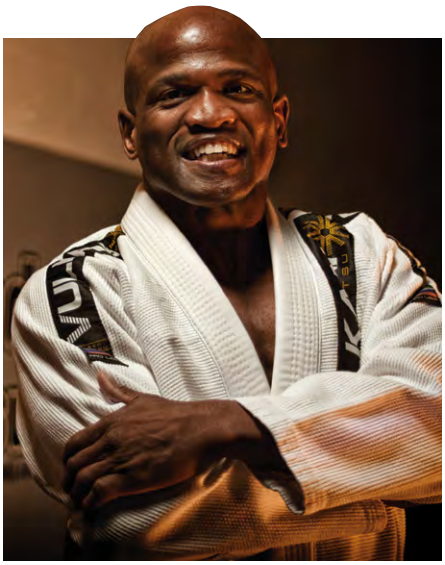
Self-awareness and self-worth are vital allies in the quest to develop and contribute to positive social groups. Self-awareness is key to the ability to congenially interact regularly with diverse groups of people. Individuals with good self-awareness are cornerstones of healthy relationships and environments that are not fertile ground for bullying behaviour.

A strong sense of self-worth, bolstered by real achievement, attacks bullying from two different angles: It dissuades bullying as it identifies that the product of bullying is a false sense of superiority created by putting someone else down. When this result is weighed and measured against measureable and earned progress on the mat, it is revealed to be "fool's gold" and quickly devalued. Self-worth also attacks bullying from the opposite angle. Healthy self-worth allows us to question the validity of behaviour directed towards us in a clear-eyed way. It challenges us to either seek a change to behaviour found lacking in appropriateness or to simply seek out other relationships.

The focus and direction we get by living the BJJ lifestyle and following the process needed to get better at our sport encourages this personal growth and maturation. The real plus here is that these benefits come with us off the mat and into our lives, relationships and larger society. When that happens, we are able to participate in our communities in ways that improve ourselves and lift others up rather than tear them down.

Human beings are social creatures and history has shown us that behaviour is contagious. This has proven to be true in relation to both good and bad behaviour. One of the undeniable benefits that BJJ offers society today is that it promotes healthy individuals who treat others with respect. Whether it is in how we handle prospective bullies or in how we participate in our social circles in healthier ways, BJJ gives us the tools to be agents of change and stop the bullying epidemic in our communities. Over all, Brazilian jiu jitsu offers us the ability to have a real impact on bullying beyond the walls of our academies. See you on the mat!

Sam Joseph is a 2nd degree Black Belt in BJJ under the Yamasaki Academy. He was awarded his black belt in 2007 and has vast experience as a teacher, BJJ competitor and MMA fighter.



CARLSON GRACIE TEAM

UNDISPUTED BEST TEAM IN THE UK

IBJJF British National Jiu-Jitsu Championship 2015

1 - CARLSON GRACIE UK - 395
2 - GRACIE BARRA - 199
3 - CHECKMAT - 182
4 - ROGER GRACIE ACADEMY - 151

CARLSON GRACIE LONDON
www.bjjlondon.com
0208 748 8855

CARLSON GRACIE TONBRIDGE
www.bjjkent.co.uk
07976 574659
07973 709051

CARLSON GRACIE ASHFORD
www.bjjashford.com
07429 547825

CARLSON GRACIE OXFORD
www.bjjoxford.co.uk
07852 231887

CARLSON GRACIE FARNBOROUGH
www.bjjfarnborough.co.uk
07817 960006

CARLSON GRACIE CAMBERLEY
www.bjjcamberley.co.uk
07877 129641

CARLSON GRACIE NORFOLK
www.tsunamigymnorfolk.com
07782 161538

CARLSON GRACIE CHELMSFORD
www.chelmsfordbjj.com
07939 567828

CARLSON GRACIE COLCHESTER
www.9thlegioncrossfit.co.uk
07894 955240

CARLSON GRACIE SURREY
www.carlsongraciebjjsurrey.com
07765 891839

CARLSON GRACIE

KEEPING ON ROLLING | TIPS TO KEEP YOU ON THE MAT

I consider myself to have been very fortunate in my training: over the past ten years I have only had to take one full month off the mat due to sickness or injury. Part of that is due to luck - I'm not going to deny that. Sometimes bad things happen even though you have done all you can to protect yourself from them, but that doesn't mean you can't take steps to avoid the little things that can interfere with your training and leave you either frustrated at home or sitting matside taking notes. In this article I aim to outline a few of the things that I credit with my success in staying active on the mat over all this time.

PROTECT YOURSELF

In a lot of gyms I've visited there has been a prevailing culture that wearing protective gear somehow makes you less serious about the art or even scared. This is a mentality that most people eventually grow out of but, by that point, the damage has often been done. The two things that I would say should be required if you are training seriously are a pair of kneepads and a number of long sleeved rashguards. Your knees receive more than enough abuse during jiu jitsu training, so anything you can do to cut down on the wear and tear should be embraced. Kneepads are cheap (I recommend volleyball kneepads, which you can easily pick up on Amazon) and help immensely with cutting down on those kneecap bruises that can either keep you from training completely or limit your ability to do so at your best. Long sleeved rashguards, worn either in nogi or under your gi, give you an excellent layer of protection which not only significantly reduces the risk of transferrable skin conditions but also stops you from picking up little nicks and scrapes that may in turn lead to infection down the line.

"A SIGNIFICANT NUMBER OF THE INJURIES PEOPLE ARE GOING TO SUFFER IN JIU JITSU ARE GOING TO COME DURING SUBMISSION ATTEMPTS"

Although probably less important than the previous two items, ear guards are also extremely useful when it comes to stopping a slightly bruised ear from turning into a full blown cauliflower ear that requires draining or time off training to allow the swelling to go back down. Mouth guards are also a good tool to have, both in terms of avoiding biting down into your own lips (a problem I had consistently in the early days of training, which lead to the unfortunate joke that it wasn't a proper class until I'd had to go off the mat bleeding) and in preventing damage to your teeth. There are a number of high quality lightweight mouth guards these days - SISU brand being just one example - that can keep you safe whilst only interfering minimally with your training and breathing. Finally, keeping your kit clean is an even more important aspect than having it in the first place. All of your training gear, including kneepads and ear guards (and your belt!), should be washed after every training session. If it is not clean, then it begins to move slowly from being something that should help keep you on the mats to something that may eventually contribute to taking you off them.

TAP EARLY, TAP OFTEN

A significant number of the injuries people are going to suffer in jiu jitsu are going to come during submission attempts. Obviously, tapping as soon as possible is key to avoiding injury, but there are a couple of other aspects to consider. Firstly, active defences to submissions will always be more dangerous than passive ones - that is to say trying to roll out of an armbar is more likely to lead to injury than just trying to keep your elbows tight to your body and hugging your arms to stave off the attack. So when it comes to casual training, where there is no 'winning' or 'losing', it is important to consider whether it's worth the risk to try a defence like that. Your training partner has already isolated your arm and extended it, so by that point (as soon as he establishes control of it), it would be much safer to tap and start over.

Secondly, joint locks will generally be more likely to lead to injuries than chokes, so personally I prefer to give up my neck rather than any of my other limbs because the consequences of holding out when locked in a submission are significantly less. Finally, choose your training partners wisely. There are certain people out there who, no matter how good their intentions might be, tend to be involved in a disproportionately high number of injuries. Sometimes, these people may take a liking to training with you. There is nothing wrong with turning them down if you think it isn't in your best interest safety-wise or training-wise. That doesn't mean you should avoid them completely, but if you have a lot of other training partners available, why risk injury training with someone who has proven to be more dangerous than the rest? Be polite, don't make an issue out of it, but train with them when you feel ready to roll taking their style into account, not just because they ask.

IF THINGS DO GO WRONG

Sometimes, you're going to end up in a situation where you can't train, no matter how much you want to. Maybe you tweak your knee, maybe somebody accidentally kicks you in the head and your ear blows up like a balloon. Whatever the cause, you need to take some time out, and you want to make the best of it. Firstly, if you can, try to make it down to training anyway. If you can work technique but not spar, then do that but more importantly decide before the session what your policy is going to be and stick to it. More than once I've seen the training partner who was too injured to spar accept the invitation from the white belt with 30kg on him because there is no one else to train with. This is generally not the best idea.

If you are too injured to do any training at all, or nursing some kind of infection which means you shouldn't even step on the mat, then it can still be extremely valuable to go down to the academy once or twice and just watch a class. It is amazing what you become aware of when your perspective shifts from being in the middle of the mat working on things to being on the outside watching people train. You can really learn a lot about your training partners' games when you aren't under them or on top of them. If you are unable to get down to the gym at all, then now is an excellent time to dust off that instructional set that you've been meaning to watch but have just never got around to. That way, when you are fully recovered, you can come back onto the mat with new things to work on and all that pent up energy and motivation from your time on the sidelines.

Oli Geddes is a seasoned competitor, referee, globetrotter, half guard connoisseur and black belt under Roger Gracie

MACHADO TALKS

THE AGE OF "FRANKENSTEIN JIU JITSU"

I have travelled to the four corners of this planet, and witnessed first-hand the fast paced and far-reaching dissemination of Brazilian jiu jitsu. I feel blessed with the opportunity to meet a new legion of practitioners with such diverse and refined talent, wherever I go. With that said, I'm not shy to express my concern that, in some instances, the overload of information an average student has at his fingertips can be a blessing or a curse, depending on what turns his jiu jitsu journey may take. Digital media has broken the barriers of space and time everywhere around the world.

A pupil absorbs and tries to incorporate a variety of concepts into his game, without taking into consideration the proper amount of time and structure it takes to get a skill learned in a way that fits with an individual's experience. Without a certain criteria, in an attempt to keep up with the latest moves, someone who is an avid researcher can fall prey to what I call "Frankenstein Jiu Jitsu"; that is, someone who knows a lot of different cool and fancy moves, but doesn't know how to put them all together properly into a game that fits them. The end result is a poorly pieced together game that just doesn't function as well as it could if the practitioner changed things around a bit.

Below are some tips for those "YouTube Addicts" on how to identify a healthy mindset from an unhealthy skill building process, when using digital information!

#1 - If a technique depends on size and flexibility, check from the start if you measure up to it. Nobody goes on the rollercoaster ride unless their head reaches the minimum height mark on the wall!

The young student wants to learn the cool shoulder lock to gogoplata, adding the sweep at the end. He logs in to his favourite YouTube channel with the latest moves and picks the clip of a renowned instructor, showing the championship move he used at the last tournament. The instructor happens to be 7ft tall and can cross both of his feet behind his head in a handstand, while watching TV and reading a paper at the same time.

The student is the runt of a group of four brothers who live and breathe training jiu jitsu on their 10x10 garage mat. He is 5ft 2" tall and watches because he wants to do the gogoplata. Little does he know it may be nearly impossible for him to replicate such a move without causing severe distress to his knee joints, if he can manage to place his foot in the right place at all. So he watches it, replays it, gets the brothers together and drills it over and over again. In the end, the YouTube star wins another event with the same move, while the poor little guy gets his knee popped and has to stop training altogether. That is the poor outcome of a poor choice. Jiu jitsu "YouTubers" will be better off detecting right away that each game requires not just a mindset, but also a set of limbs that can stretch and bend according to the physics of the move! So just because it works for some doesn't mean it will work for all.

#2- "Seasonal Game" means a "Jack of All Trades"!

When we build a game, we keep it. It takes time to forge a set of skills. It creates a strong foundation where other moves can be added and integrated with ease. When we watch a world champion, whether in jiu jitsu or any sport, one thing is for sure - he will follow Bruce Lee's recommendation: "Fear those who do one move a thousand times, not the ones who do one thousand moves once"!

By "Seasonal Game", I mean the DVD collector, multi-website tutorial subscriber, avid researcher of every move and eventual master of nothing. He may spend several hours building a certain game, and before long starts playing another game and ends up forgetting altogether what he did get good at before. He keeps jumping from one concept to another, leaving behind a trail of time and knowledge laid waste every time a new DVD set is on the market. One should never waste a useful technique. It is okay to build upon it, without the need to eliminate it altogether. We are made of the hours we spend on the mat. If a student masters a certain move, and wants to have additional options to his game he can do so, yet he should not sacrifice the knowledge that preceded his new moves. That is a risk that often accompanies internet scavengers who want to add and innovate, yet often neglect to maintain the good game they have already mastered at the expense of trying to show off every year the newest trendy sweep. Learn the fancy - yet keep all the aces!

#3 - Start with the end first!

When watching instructional material, do not waste time listening to all the long explanations of every step of the move from the start. Who in the world has time to listen to broken English, boring descriptions, and people full of themselves to the point of getting lost on what they are trying to teach, spending two hours to show a triangle choke that only takes three steps to get it done! Fast forward to the end and see the move right away. Repeat the process a few times. Each time try to identify the hand, feet, and head positions. Then go and drill without resistance with a training partner and find out whatever portion of the move you can emulate. You will be surprised how often you will be able to actually execute the move in its entirety. Now go to the explanation part of the clip, and once you watch it, it will ring a bell. Jiu jitsu is often more visual than auditory, especially when learning a new move.

#4 - You can do all the moves, but you do not have to run a marathon!

I saw a clip of a renowned competitor, and he outscored his opponent by so many points that I think the score keeper got lost halfway into the match. The accomplished competitor also had several chances to finish the match, but seemed to enjoy the playful humiliation of his opponent instead of going for the kill right away. It reminded me of some Discovery Channel episode where a leopard hunts a gazelle, and then starts playing with it as it is half dead, letting it attempt to escape, just to get knocked down by the leopard's paws here and there. The match in question was entertaining, but I feel that when you do business, take care of it fast and furious whenever the opportunity is presented. Needless to say, my point was how much more energy was required to have the match eventually finished, when all could have been set and done way earlier. The said competitor had plenty in his gas tank, above average fitness and acrobatic skills. Bring the average Joe into the picture, and such a game would likely be a hard feat to accomplish.

"A PUPIL ABSORBS AND TRIES TO INCORPORATE A VARIETY OF CONCEPTS INTO HIS GAME, WITHOUT TAKING INTO CONSIDERATION THE PROPER AMOUNT OF TIME AND STRUCTURE IT TAKES TO GET A SKILL LEARNED IN A WAY THAT FITS WITH AN INDIVIDUAL'S EXPERIENCE"

My point is, you do not have to emulate the game of a marathon jiu jitsu guy; just pick apart what he does and put it together at a pace that makes sense to you. As long as the moves are effective, and become part of your game, cut all the extra moves and circus-like displays and focus on using less motion for the same effect. Do the moves, but don't run the marathon!

#5 - A small detail can be worth the whole picture!

Pick a topic, and check five different people describing the same topic. Learn the difference from each instructor. One detail may be all it takes to really help you master the move!

The world of jiu jitsu is a cornucopia of characters and talent that sometimes nears madness. I believe there is solid knowledge among many instructors, yet each has a unique perspective on the same subject. I often become more intrigued by their differences than their similarities. In my opinion, that is a good rule, if you can assess how different instructors with great knowledge may describe the same idea in very different terms. Some are more detailed on the physical description, like "grab the arm and shoulder, trap the foot, circle, then 'upa' and roll out of the mount" kind of approach. Others say that if you grab something, it is part of you, never of your opponent. "If you grab his arm, you have three arms and he has one" kind of description. I identify more with the latter, since a concept like that will help me develop my control of an arm every time I hold it if I can imagine that that arm all of a sudden becomes part of me, like in the example of an upa escape. Learn how to identify and take advantage of this type of learning approach.

#6 - Kill the Overkill!

Watching a whole collection of videos is just the tip of a big iceberg. Getting all that information broken down, and eventually getting to practise all the moves until they become second nature is another story. So, if you want to get your game going and become the next ultimate jiu jitsu machine, select one situation at a time (like getting better guard sweeps), then go to the next likely scenario (top side attacks or half guard passes, in case you sweep someone with the moves you learned and ended up on top). That should be your order, instead of going for sweeps, then back attacks, which are two common situations, yet disconnected until you go through the other positions like side control and the turtle. Everything has an order, and all flow from one to another. Do not try to jump; follow each step as it goes from one position to the next. Trim the bunch of chapters that are disconnected, and adjust what you watch depending on what you need first. The jiu jitsu order goes from easier to the more difficult, from A to B, then from B to C. Just do the ABC's, and the rest will fall into place.

So, if you do decide to go "Frankenstein" on your game, remember that every top-notch guy out there takes the time to develop his own game unique to his particular characteristics - from style, to body type, from experience level to favourite moves. It is like a DNA type of thing. You can learn all you want, but you can only be one person, yourself! You can learn all the champ's moves, yet make sure you have a solid foundation, and preserve the good things you have built through the time you have spent on the mat. You can change your game, you can add to your game, but you can never forget the things you are really good at. Do not do 1000 reps in one day if that is going to get you burned out. If you are new to BJJ then start out with 200 and slowly work your way up to the 1000 reps. Slow and steady wins the race, remember that! Break down the steps, the reps, and arrange your schedule for health and wellness. Speed is good, but may not be lasting. Consistency is the key, and the fastest way to mastery! Go check a good video instructional, mine or anybody else's, but always keep your instructor near you, and always check what he/she thinks. That may save you some time and money before you rush to spend it all on a collection which is not worth your time.

Yours in the Martial Arts,

CARLOS MACHADO

9th Degree Coral Belt
Owner RCJ Machado Jiu-Jitsu Inc.

BJJ 4 LIFE

PROFESSORS, SENSEIS AND TEACHERS OF THE MARTIAL ARTS HAVE EXTOLLED THE 'SELF-DEVELOPMENT' ENJOYED THROUGH COMMITTED PRACTICE SINCE THEY FIRST REALISED THAT THIS WAS, INDEED, THE CASE.

In transcripts of their teachings, Funakoshi of karate, Kano of judo and Professors Gracie of BJJ all attest to a higher goal within martial arts than physical mastery alone. Beyond the initial aims to forge genuine warriors and soldiers of war, an understanding has burgeoned that much more can come from a dedicated life to their 'way'.

But what does this really mean? How do we self-evolve via our martial arts study? How do the lessons enrich our lives once off of the mat and away from the academy? Does our self-confidence really grow beyond the knowledge that we could, if we wanted to, break someone's arm or choke him or her unconscious? Do we honestly become 'better people' through devotion to our training?

In this article I would like to suggest that, yes, maybe we do.

JUST BECAUSE YOU DIDN'T SEE IT MOVE, DOESN'T MEAN IT DIDN'T

Changes are subtle. Very often you only notice growth when you step away, and then return. Take the growth of a child for instance; whilst going about daily business, as a teacher teaching them, or as a parent parenting them, you don't really notice they are getting any bigger. It's only after the summer holidays, when they've returned from an extended stay at their grandparents, do you notice how much they have grown!

Self-development is much the same. Improvements are often unseen by yourself whilst negotiating the maelstrom of everyday living, highlighted only occasionally by a small remark here and there from those who know you best: "That was nice - letting that guy out,"- your partner comments in the car, "You seem a bit more chilled lately"- at home at the weekend, "That used to annoy you"- whilst queuing during the obligatory 'food-shop'.

I would like to attempt to shine some light here onto areas where, possibly unnoticed by you, your training is very likely evolving you in ways immeasurably more prophetic than the mere mastery of physical technique.

PILLARS OF HEALTH

It has been suggested that a healthy life involves the balancing of the following six pillars:

- Healthy body
- Healthy mind
- Healthy relationships
- Healthy finances
- Healthy society
- Healthy spirit

It is the very substance and stability of these pillars that is being directly influenced by your dedicated and consistent efforts in your BJJ. Let's take a look at each, one by one.

HEALTHY BODY

To begin with the most obvious is a sensible place to start.

It stretches none of our imaginations to see, and feel (injuries aside) the increasing health and vitality we enjoy from our training. Who has not witnessed themselves (and others) literally change shape before our eyes; morphing from out of shape men and women, unable to survive even the first minutes of rolling, to leaner, meaner machines who now laugh at their past cardio inadequacies and oxygen debt traumas?

Sadly, this is an age of what leading teachers in the alternative medicine arts call the 'half -healthy': those ailments whereby you are not fully ill but most certainly not living to your full capacity in regard to your health.

Whilst it would be careless and irresponsible to suggest that BJJ is a cure-all for serious disease, it is fair and legitimate to say that it does much to alleviate 'half-healthy' illnesses of obesity, inflexibility, tiredness, stress and the discomforts twinned with the habits of exercise apathy.

As our bodies become accustomed to new routines of exercise, we enjoy the benefits of an organic system woken from its slumber. As the great machine lurches ahead once again we can look forward to, according to NHS statistics, lower risks of:

- Diabetes
- Early death
- Osteoarthritis
- Coronary heart disease and stroke

This list is merely a snapshot of benefits, and there is not a treadmill or 'cross-fit' class in sight. Is this itself not enough reason to train BJJ?

HEALTHY MIND

Also included in the NHS statistics are the following conditions which are positively affected by regular exercise (in our case BJJ):

- Lower risks of dementia (up to 30%)
- Lower risks of depression (up to 30%)

As we turn our attention to the pillar of 'Healthy Mind', it is a sobering thought to know that one in four people will suffer with some sort of mental health problem in their lifetime. Much of this includes depression.

Chances are, whether you realise it or not, someone you know is living trapped within the horrors of serious depression. Primarily in the field of holistic therapy, and now - with the gathering of credible evidence - even in conventional medicine, the mind and body are considered inextricably linked; each affecting and supporting the other in equally positive and negative ways.

This can be understood by undertaking a small exercise:

- Sit in the manner of a homeless person. Curl up, hunch your shoulders, bring your knees to your chest and bite down with your jaw as if grinding your teeth.
- Sit with this posture for a few minutes - really attempt to encompass the form of the character you are portraying.
- After this short time, notice how your mood has changed to fit the 'stance'.

Now contrast the experience:

• Stand up, pull your shoulders back, walk around, breathe lungs full of air and smile.
• Once again, for a few minutes, make an effort to really encapsulate the form of this character.
• Observe the contrast of emotion.

As we begin to feel our bodies become 'tuned' from all our BJJ training, it is no coincidence that our feelings of self-worth, confidence, attitude and overall mental health also start to improve. From a pure physiological standpoint, it is the body's hormones and endorphins which help lift our mood. But there is so much more to this improved mental state than the body's chemicals alone, and this is where, I believe, BJJ is unique.

The culture of BJJ is deeply positive and nourishing for all, let alone those suffering the turmoil of depression; the relaxed humour coupled with mindful attention to detail, intense rolls followed by friendship and camaraderie, mutual respect and the willingness to freely and openly 'share' amongst senior, junior and peer levels; all of these, coupled with endorphins, do much to raise the spirits of those feeling mentally 'under the weather'.

Who of us doesn't feel much more positive after rolling? Think then of the effect it could have on those with depression. The academy is a perfect blend of physiological, social and mental support to help a friend through tough times.

If one in four are suffering some sort of mental health issue at any given time, the odds are that one of the people sitting around the mat waiting their turn is mentally 'hurting'. Could you help them with a friendly roll, some encouraging words or gentle advice?

HEALTHY RELATIONSHIPS

BJJ is all about relationships. At the very moment you enter someone's personal space a relationship is being unavoidably negotiated. The nature of touch is one of the most powerful mediums of communication that we have at our disposal. The range can be as widespread as to include violence at one end, to sexual contact at the other.

Physical contact is considered essential to our positive growth as human beings. Scientific research tells us that without touch, emotional and social bonding hormones (oxytocin and vasopressin) are greatly reduced in growing infants. Skin to skin contact is considered a major factor in boosting emotional engagement, mental development and recognition of self [worth].

"IMPROVEMENTS ARE OFTEN UNSEEN BY YOURSELF WHILST NEGOTIATING THE MAELSTROM OF EVERYDAY LIVING, HIGHLIGHTED ONLY OCCASIONALLY BY A SMALL REMARK HERE AND THERE FROM THOSE WHO KNOW YOU BEST"

Please allow me to use my own experiences as example: I entered the BJJ world as a long time student of Japanese knock down karate. Poker faced and rigid bowing was about as friendly a greeting as you could expect and 'touch' was expressed only as a way to hurt your opponent. Added to this heady mix of 'knock down' was the primary tactic of the striking arts: 'Hit. Don't get hit.' This leads to a style that purposefully keeps your opponents out of range and away from you.

Needless to say, with this ingrained in my psyche, I was a little 'freaked' out initially when I started grappling!

The initial discomfort with 'touch' that BJJ debutantes experience often mirrors the rigidity they hold mentally; like the person who hugs you stiffly, or the one who shakes your hand 'limply', both styles hint at a person not comfortable with others - maybe not even themselves.

Over time though, with much grappling, these same folks ease. We (and this includes me) become accustomed to being around other humans; we feel less threatened by close proximity, we realise that touch doesn't have to be mean 'inappropriate' or violent, no matter what previous experiences in different environments may have taught us.

BJJ allows this most wonderful gift - a primary factor in 'self-growth' – the gift of touch, the gift of human interaction, the gift of appropriate physicality, the gift of expression beyond the limits of words. How else does it encourage healthy relationships? After rolling, who doesn't arrive home a better partner in a better mood? I know I do!

HEALTHY FINANCES

For better or for worse, we live in a time and society that is dominated by economics and our relationship to them. Including finances, then, into our model of holistic health makes sense.

The following are the key attributes shared by both top-level employees and successful entrepreneurs:

• Tenacious
• Passionate
• Confident
• Mentally flexible
• Creative
• Self-confident

Although this list is compiled in relation to successful people in the work place, it could equally be describing the characteristics of any BJJ student who possesses, roughly, a year or more of experience.

A simple observation is this. The attitudes, attributes and qualities that are developed in the

academy not only obviously help your jiu jitsu, but also make you more hirable as an employee, or more productive if you choose to 'run your own show'. The importance of this cannot be overstated.

I hate to use the names of the famous as example, but it helps to illustrate a point: Vladimir Putin (Former president of Russia), Guy Ritchie (film maker), Prince Albert of Monaco (a Prince - of Monaco) have all earned black belts in one or other of the grappling arts. Success, if not totally responsible, can at least be partially attributed to qualities attained from regular grappling training.

HEALTHY SOCIETY

As we change, grow and mature through our jiu jitsu, we become less harmful to ourselves, and to those around us.

All of us can think of the name of someone in our academy who initially arrived as an aggressive, objectionable and ego fuelled individual who, with training, calmed as they learned the 'lay of the land'. A key to BJJ's success is that students roll hard from the get-go. It allows them to gain confidence from 'pressure testing' their art.

Much of a new student's aggression comes from the need to prove themselves. They fear their own uncertainty about how they could handle a physical confrontation. I believe it is why so many non-contact striking arts have such aggressive teachers, students and promotional literature: they are not confident their 'stuff' works; they've never tested it, so they demonstrate bravado in place!

BJJ has no such insecurities. Very soon you will know that your 'stuff' either does, or doesn't work; either realisation helps you to finally let go of the bravado. You can relax in the knowledge that there is always someone better than you and just get on improving your game. This in itself is a great thing: a better you and a better society; but there is more.

As already discussed, the nature of the grappling arts involves the development of relationships: we learn to deal with people, we learn to cooperate, we learn to help. The amount of 'people' skills practiced and developed in one hour of BJJ training would rival, I suggest, a whole week of 'team building' activities so often offered by companies to corporate staff.

If we took these attitudes (and we do by the very fact that they are now part of our psyche) into the world at large, wouldn't that start to help our ailing society? Time and time again we see people doing this: Mike Fowler and Enson Inoue initially spring to mind in their walks across Japan for charity. There are plenty more examples though of philanthropic efforts from experienced jiu jitsu folk and masses of examples of the jiu jitsu community rallying to raise money for one important cause or another.

HEALTHY SPIRIT

Stay with me, I haven't lost my marbles. But our 'spirit' *is* evolved through jiu jitsu!

"THE ACADEMY IS A PERFECT BLEND OF PHYSIOLOGICAL, SOCIAL AND MENTAL SUPPORT TO HELP A FRIEND THROUGH TOUGH TIMES"

'Spirit' means different things to different people; either something or nothing. I will refer to it here as that sense that there is something to life that is much bigger than us: the 'wow' in a deep red African sunset, the 'wonder' as you look into the star-crested sky of an Arab desert at midnight, and even the 'awe' of watching a flawless match winning technique in the dying seconds of a world championships.

Allow me to enlist the help of a much more qualified man in promoting to you the 'existence' of spirit in BJJ by using a quote from the great Rickson Gracie:

"I'm always in control of my possibilities and knowledge of my possibilities, emotionally, technically, and **spiritually** (bold type mine). That's what Jiu Jitsu gave me."

There, you see? I told you I wasn't losing it to suggest such a thing. Blame the 'big man' - not me!

As we progress through our lives and our training, new vistas open. Our journey in life and on the mats begins at the most basic of levels; the physical. Here we 'learn to walk', so to speak. We tie our belts, learn to bridge, forward roll, backward roll and we try to survive these earliest of days where we are newly born and at our most vulnerable.

With evolving experience and as less of our focus is needed for such rudimentary survival, we direct our attention to more mental processes. Detailed techniques are now easier to understand and our growing brains start to notice commonalities in techniques; the realisation dawns that underlying universal 'concepts' are actually the glue to all the information that is facing us.

At a certain threshold, our mental faculties come to rest, as knowledge becomes 'part of us'. At this level of growth we are freed to 'feel' our way through the next stages of development. We can now, at least, comprehend the ideas of flow rolling, invisible jiu jitsu and keeping it playful. A game is evolving in us, as if by itself and despite ourselves.

It is here, with all extraneous efforts rested, that spirit may enter our peripheries - experiences glimpsed of feeling energised more than exhausted, happy more than stressed and big rather than small.

For some at least, the time comes when we feel so good about what we are doing that we shine from the inside out. We somehow recognise this internal glow. Where have we felt this before? Oh yes, that's it; when we looked to the vast sky, wondered at the depths of the seas and were held in the arms of our greatest love.

I would suggest that deep training affords us these 'glimpses with God' from time to time. These insights remind us of the unlimited ground from which we rise. Not only does it feel good, it helps us remember that we are capable of magnificent things. If nothing else, it is inspiration enough to get back on the mat and work our jiu jitsu to higher and higher levels. The sky is the limit, as they say.

At this highest of levels, it may help us to reach for horizons that, pre BJJ, we not only failed to dare strive for, but also didn't even know existed. Up here at the pinnacle it is possible to create a life of our choosing far and above the mastery of 'jits'. We are now the architects of the path that lies ahead, in all ways.

So there it is. Through being the 'concrete' to our pillars of health, BJJ really is 'for life'. As you drive, walk or cycle to your next class consider this: when you step off the mat, you are always a different person from when you stepped on. Your whole life is changing in ways both measurable and immeasurable; the lessons from the academy will follow you back into your lives like a silent friend at your shoulder, gently guiding you through your days.

Now how cool is that?

MATT JARDINE IS A FULL TIME MARTIAL ARTS TEACHER, WRITER AND BJJ FANATIC TRYING HIS VERY BEST TO WORK OUT 'WHAT- GOES -WHERE' IN AN INVERTED TRIANGLE…

Nick Brooks (Black Elite)
IBJJF European Champion 2013
NAGA European Champion 2012
Dickie Martin (Black Leve)
Masters World Champion 2014
Heavyweight and Openweight
Sam Gibson (Blue Leve)
English Champion 2013 & 2014
British Champion 2013 & 2014
European No-Gi Champion 2013
Lee Renaut (Superlight)
English Champion 2012/2013/2014
British Champion 2014
European Champion 2013
fight or die
FAIXA RUA
kimono leve de competiçao
www.faixarua.co.uk
Come and try a gi on
89 Richford Street, London W6 7HJ or
268-270 Watford Way, Hendon, NW4 4UJ

MASTERCLASS

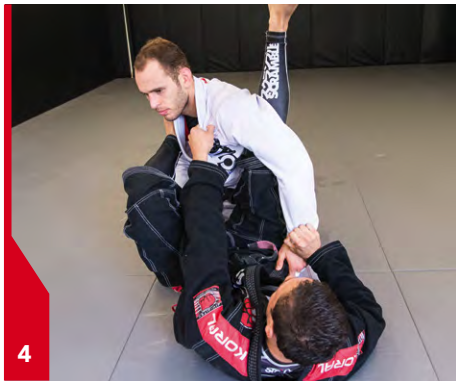
TRIANGLE FROM OMOPLATA SWEEP

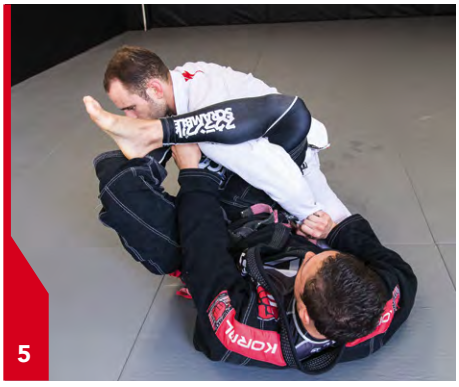
1: Starting from the closed guard, gain a cross collar grip with your left hand and control your opponent's sleeve with your right hand. **2/3:** Open your guard and bring your right foot onto your opponent's hip, at the same time rest your left foot on their chest. **4/5:** In a quick motion, kick your right leg through and bring your foot down over your opponent's shoulder to start the omoplata. **6/7:** As your opponent attempts to roll, control their left leg with your left arm. **8/9:** Arrive on top, maintaining control of your opponent's left arm with your own right arm, keeping the omoplata grip secure. **10/11:** Maintaining pressure through your opponent's right shoulder, bring your left leg all the way to the other side of their body, resting your thigh against their face. **12/13:** Next, bring your opponent's left arm to the other side of your body and in front of your chest. We are now ready to set up the triangle. **14/15:** Shift your weight backwards slightly so you can change the angle of your left shin, bringing it parallel to your opponent's shoulders. Make sure you keep their left arm tight across their chest with your right hand. **16/17/18:** Lean forwards, control your own shin, lock off and finish the triangle.

1

2

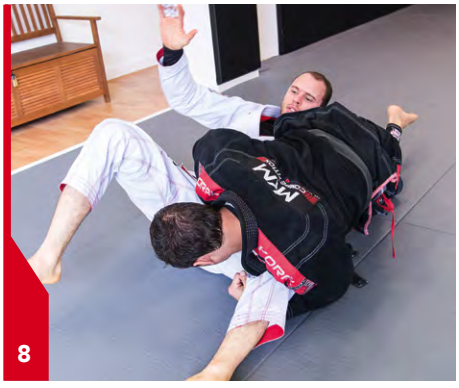
3

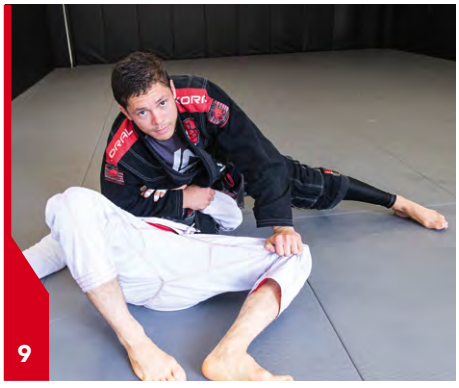

4


5

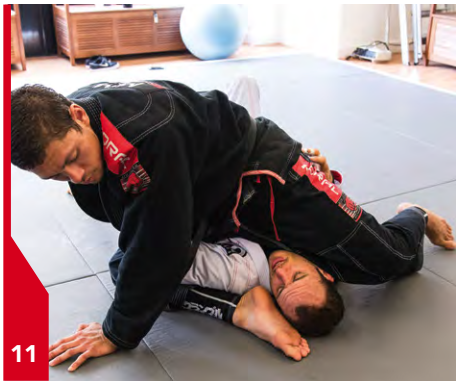
6

7

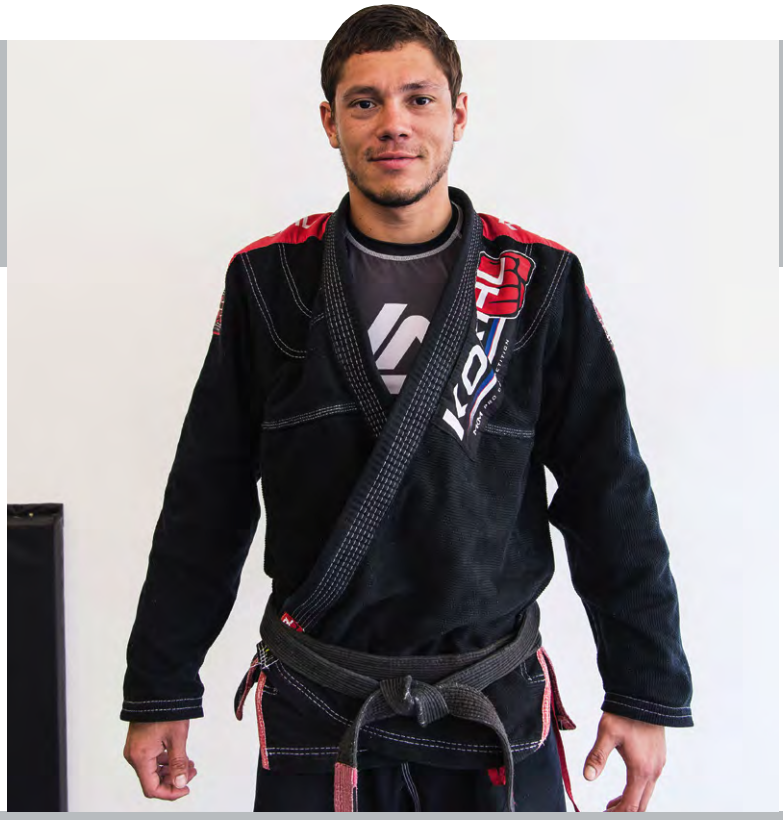

8


9

10


11

12



RICARDO REZENDE

RICARDO REZENDE IS A BLACK BELT UNDER ROBERTO 'CYBORG' ABREU AND ONE OF THE MOST TALENTED YOUNG FIGHTERS OF HIS GENERATION. REPRESENTING THE FIGHT SPORTS ACADEMY IN MIAMI, RICARDO IS A WORLD JIU JITSU EXPO CHAMPION, AS WELL AS A NOGI WORLD CHAMPION AT PURPLE AND BROWN BELT. HE ALSO TOOK THIRD PLACE AT THE IBJJF MUNDIALS AS A BROWN BELT IN 2011.

IN THIS RENDITION OF MASTERCLASS, RICARDO SHOWCASES SOME OF HIS FAVOURITE SUBMISSION FINISHES TO WORK ON FROM AN OMOPLATA SWEEP POSITION.

13

14

15

16

17

18

OMOPLATA FROM RE-ROLL

1: Starting from the closed guard, gain a cross collar grip with your left hand and control your opponent's sleeve with your right hand. **2/3:** Open your guard and bring your right foot onto your opponent's hip, at the same time rest your left foot on their chest. **4/5:** In a quick motion, kick your right leg through and bring your foot down over your opponent's shoulder to start the omoplata. **6/7:** As your opponent attempts to roll, control their left leg with your left arm. **8/9:** Arrive on top, maintaining control of your opponent's left arm with your own right arm, keeping the omoplata grip secure. **10/11:** Roll over your right shoulder and, as soon as you arrive on your back, switch your right arm to underhook your opponent's right arm and prevent them from escaping. **12:** Escape your hips backwards to secure the omoplata.

1

2

3

4

5

6

7

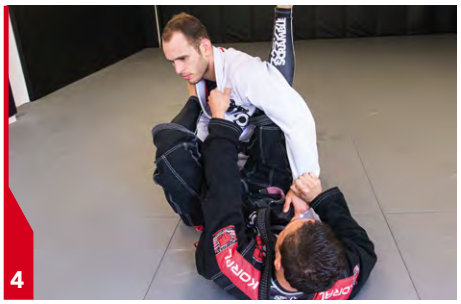
8

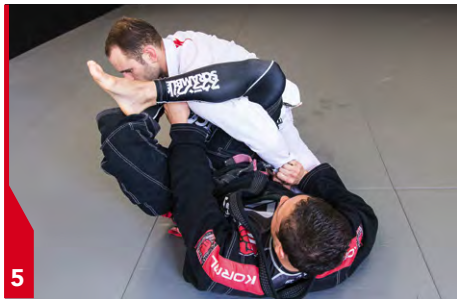
9

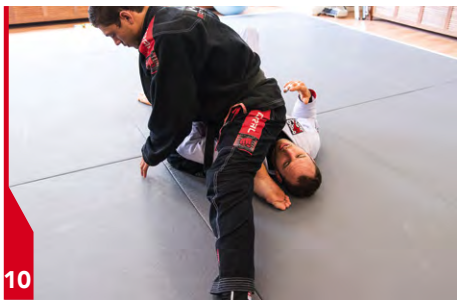
10

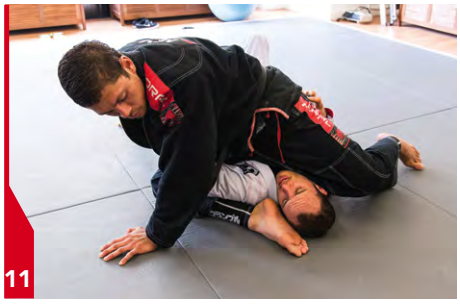
11

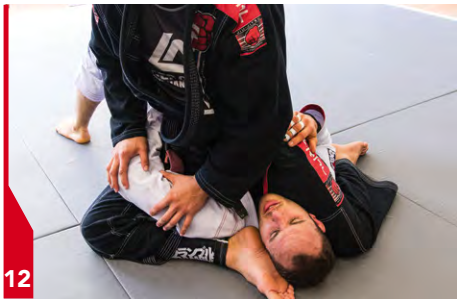
12

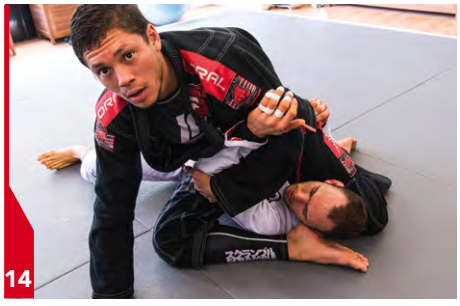


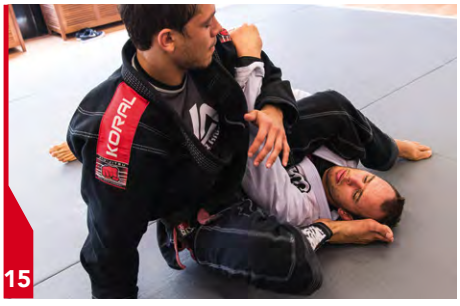












ARMLOCK FROM OMOPLATA SWEEP

1: Starting from the closed guard, gain a cross collar grip with your left hand and control your opponent's sleeve with your right hand. **2/3:** Open your guard and bring your right foot onto your opponent's hip, at the same time rest your left foot on their chest. **4/5:** In a quick motion, kick your right leg through and bring your foot down over your opponent's shoulder to start the omoplata. **6/7:** As your opponent attempts to roll, control their left leg with your left arm. **8/9:** Arrive on top, maintaining control of your opponent's left arm with your own right arm, keeping the omoplata grip secure. **10/11:** Maintaining pressure through your opponent's right shoulder, bring your left leg all the way to the other side of their body, resting your thigh against their face. **12/13/14:** Next, bring your opponent's left arm to the other side of your body and in front of your chest, setting up the armlock. **15/16:** Switch your hips and sit-off to the right of your opponent, controlling their right arm. **17/18:** Sit back and finish the submission.

1

2

3

4

5

6

7

8

9

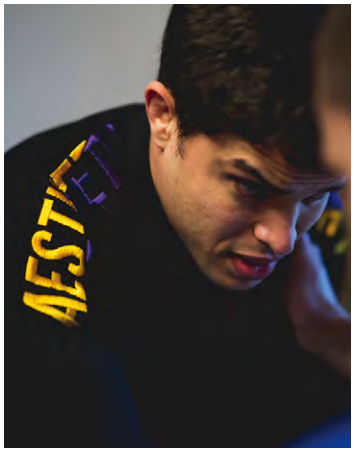
10

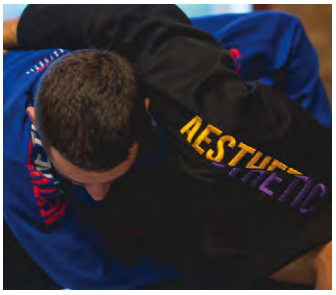
11

12

SWITCH ARMLOCK FROM MOUNT

1: You have arrived in the mount position and stabilised the position. **2/3:** Start to push your opponent's right arm down to the mat, looking to secure an Americana. **4:** Often, your opponent will make the mistake of trying to connect their hands to prevent the submission, but this sets up the armlock. **5/6:** Slide your right knee high next to your opponent's head, switching your angle to attack the arm. **7:** Often, when you arrive in the armlock position your opponent defends very well by linking their arms as pictured. So, we are going to attack their left arm on the far side. **8:** Control your opponent's left arm at the elbow with both hands. **9:** Next, keep their arm tight to your chest with your right arm, lean your weight forward and post on the mat in front of you with your left hand. **10/11/12:** From here, you have all the appropriate control to switch your base 180 degrees, keeping your weight on top of your opponent, to move across and finish an armlock on your opponent's right arm.



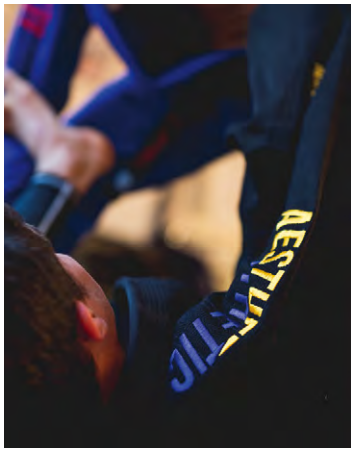


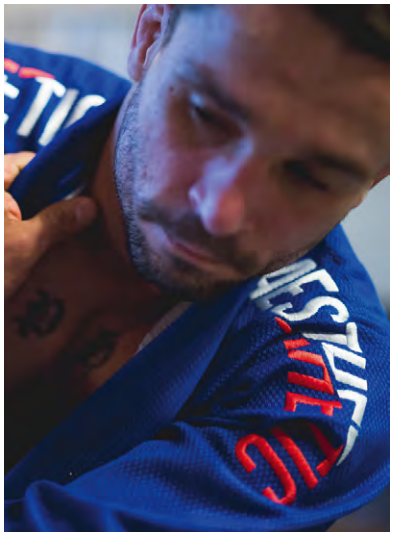
THE ALPHA AND AURORA
KIMONO COLLECTION
AVAILABLE NOW

JOIN OUR MAILING LIST
FOR EXCLUSIVE NEWS

FIGHTAESTHETIC.COM

FIGHTAESTHETIC





BE THE FIRST TO KNOW

FROM THE CREATORS OF THE MOST STUDIED AND VISITED BJJ VIRTUAL ACADEMY AND GRAPPLING DATABASE MGINACTION.COM...

BE AMONG THE FIRST 500 TO SUBMIT YOUR EMAIL ADDRESS ONLINE FOR EXCLUSIVE PROMOTIONAL CONTENT AND PRE-LAUNCH OFFERINGS FROM THE INACTION TEAM.

REVOLUTIONIZE YOUR GAME ESTIMAINACTION.COM

ASK THE DOCTOR

Braulio Estima is Jiu Jitsu Style's resident BJJ Doctor, helping prescribe our readers just the right tonic of tips to improve their grappling game.

Dear Braulio,
I notice you travel an awful lot to do seminars and I often see pictures of you all over the world. I am planning a big BJJ travelling break soon, hopefully a good six months away. I wanted to ask if you had any tips for travelling and training? How many gis do you pack? Any other gear you'd recommend I take? Any general tips to help me on my trip would be great!

- Rob

Hi Rob,
Usually if I go away for a long trip, I'd take a minimum of two gis, but it's always very important to take plenty of rashguards. If you wear a rashguard underneath your gi for each session, you can get away with maybe wearing your gi for a couple of sessions because it won't be soaked in sweat.

To be honest, I've never done a long trip for jiu jitsu as just pleasure; it's usually for seminars. If I go on holiday I will always take one gi with me, but that's just for maybe one or two sessions for fun while away. I guess it's all about thinking ahead and balancing what jiu jitsu essentials you are packing along with your general essentials.

I would say never pack anything that you don't think you can get cheaper while you're away. One thing I do take with me is antibacterial soaps to make sure I don't run the risk of getting ringworm or staph while away. When you go to different countries sometimes you open yourself up to different bacteria and things like that.

I would say to think carefully about how much you are planning on training and then make sensible decisions on how much stuff you need to take, but my main piece of advice would be to take plenty of rashguards. I guess if you wanted to bring a lightweight gi, to save on space and weight in your bag, that's a good idea.

HALF GUARD SWEEP

Hey Braulio,
What would you say is your 'go to' sweep/ escape you work when your opponent smashes you down in half guard so you're flat and they have head control? I know it's a st place to be, but I end up there quite a lot :)**

- Mohammad

Hi Mohammad,
Yeah that is a tricky place to be, but this is a sneaky little counter sweep that I find works really well.

1: You are stuck on the bottom in half guard and your opponent has head control. 2: Start by controlling your opponent's left leg with your right hand. 3: Shift your weight to the left, using your right hand grip to move your opponent. This will cause them to post on the mat. 4/5: Switch the position of your legs to initiate the final stage of the sweep. 6/7/8: In a quick, explosive motion, bridge to your right, using your left hand to push your opponent's head towards the mat. If you hit this at the right moment, you will reverse the position and arrive on top.

ATTACKING THE TURTLE POSITION

Hi Braulio
What's your favourite way of attacking the back when you're facing a guy with awesome defence, like judo player level defence?

Thanks - *Andrew*

Hi Andrew,
That can be tough! Try this technique and see how you get on.

1: Your opponent is in turtle and you are struggling to get an attack doing. 2: Control your opponent's right lapel, at the same time shift your body towards their left. DETAIL: Notice the position of your right knee. 3/4/5: Keeping your right knee tight against your opponent's left hip, drag them backwards using your grip of their right lapel. 6: As your opponent's hip hits the mat, start to sneak your left hand into their collar. DETAIL: Keep your left knee close to your opponent's back. 7: Step your right foot over your opponent's right thigh. 8/9/10: Continue to drag your opponent on top of you and insert your hooks. You are now ready to attack.

Dear Braulio,
As someone who has competed in both the Copa Podio and Metamoris, I wanted to ask you which format you think best serves jiu jitsu to help it grow mainstream? I am obsessed with BJJ (aren't we all) but I can't help feeling that Metamoris' insistence on putting mainly nogi matches on their card is basically 'dumbing down' for mainstream audiences. Wouldn't it be better to stick to the Copa Podio format and promote the gi matches more? I love nogi as well, but surely we shouldn't forget about the gi.

Best wishes - *Jamal*

Hi Jamal,
I don't think focusing on the gi or nogi really makes any difference, because I believe it's all jiu jitsu. If you look at Metamoris, I believe they are putting jiu jitsu on the biggest stage and that can only be a good thing to try and attract new fans. Metamoris highlights the fact that jiu jitsu fighters can make top MMA fighters submit. Most people who are fans of jiu jitsu train jiu jitsu, but that is not the same of MMA. Hopefully events like Metamoris bring jiu jitsu to the world of casual MMA fans. Usually people in MMA think more about striking and wrestling. Personally, I don't think that a 20 minute round is a good system. For me, 8 minutes is perfect for bringing jiu jitsu to fans. I'd rather fight 10, but I think it is just too long for fans.

I like the format of Copa Podio so that everyone fights everyone and you get to see a number of different match ups in one night. I also like watching IBJJF fights. My conclusion though is that it's great to have variety of events and they are all doing good things for the sport.

I guess for me, as a fan, I'd agree that Copa Podio is a great format to watch, but I don't mind if it's gi or nogi. However, if I wasn't into jiu jitsu, I imagine the Metamoris format would be the one that would appeal to me more.

Hi Braulio,
I am a huge fan of your jiu jitsu! I am also a big fan of your brother Victor and it was tough seeing him come so close to winning the Worlds this year. I saw you were in attendance at the Worlds, so I wanted to ask you who you think stood out the most in both the male and female divisions and who do you think are the top fighters in the world right now?

- Jon

Hi Jon,
Victor has been coming so, so close over the last six years, so it was hard to watch him come so close again this year. His level is as good as anyone else, so I know it's just a matter of time before he gets the title. He's improving all the time, so his game is only going to get better and his time will come.

For the women the standouts were clearly Mackenzie Dern and Dominyka Obelenyte. I would say Dominyka was a surprise, because to turn up and win double gold so soon after getting your black belt is a big achievement. Mackenzie has been on fire this year though, and to turn up and tap Ana Laura, who has never tapped in a tournament, as well as Michelle Nicolini is a big achievement.

With the men, I'd say the most outstanding competitor was Bernardo Faria, and you can see his game is really at a top level right now. It's a bit of a shame that Rodolfo Vieira and Buchecha were not there to fight him, but I felt like this year was going to be Bernardo's time even if those guys were in the brackets. That's just my opinion, but I think Bernardo would have won this year anyway.

You also have to mention Rafa Mendes, who has really reached a crazy level now. No one really got anywhere close to giving Mendes a challenge in any of his matches, which is crazy to say, but it was true this year.

Dear Braulio,
I love to compete, and I am one of those guys who always struggles figuring out what the best weight is to compete in. As I've got older, I've developed muscle mass, so it's been hard to decide when to make a jump up. I wanted to know if you ever faced problems through your career when it came to picking your weight class – and also do you think we would benefit from more weight classes at major competitions?

Many thanks *- Henry*

Hi Henry,
In my career I did have a transition to move from middleweight to middle heavyweight, and I realised that for my own game I would feel much better without having to worry about losing weight or dieting. However, if I were only one or two kg above a weight category, I would say that I would need to lose that and drop a division.

If you take my situation now, the middle heavyweight bracket is 88.3kg with a gi, so if I weigh 88kg then I would just cut down a little bit to make this weight. You'd probably drop that just from adrenalin alone, and every time you sleep you lose between 1 and 1 and a half kg. I'd say it's very easy to lose 2kg before a fight, so that's my general rule.

I think you must also consider the type of people you prefer to fight. Look at Lucas Leite, who likes to fight the heavyweight event though he weighs much less. He fights above his weight because he likes to pull guard and deals well with larger opponents.

Of course, it is always nice to be at the top of a category when it comes to your weight. However, for me, I prefer to be strong and fight slightly heavier guys than cut down and maybe fight at a lighter weight, but you will be weaker.

I would say we already have nine categories in IBJJF events and that's more than enough really, so no, I think we have plenty of weight divisions.

REVERSE DLR TO TOEHOLD

Hi Braulio
Do you have any cool submissions you hit from reverse de la Riva at all? I love the position and feel comfy there now, but wondered if there are any solid subs you can hit from there?

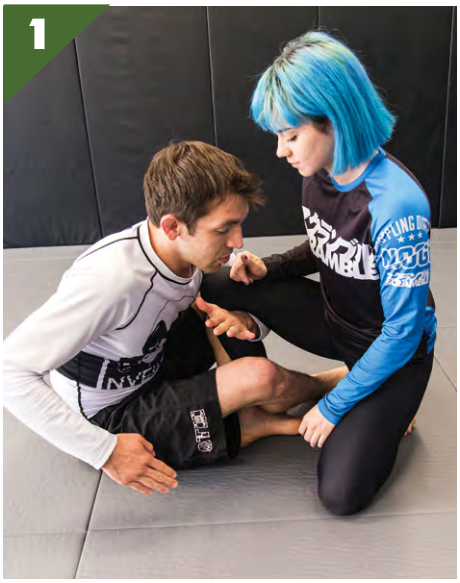
Thanks bro *- Jan*

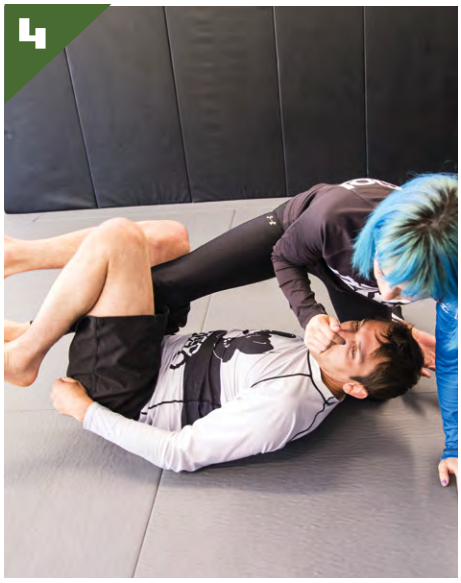
Hi Jan
There are not too many submissions I can think of originating straight from reverse de la Riva. However, this transition works nicely for me.

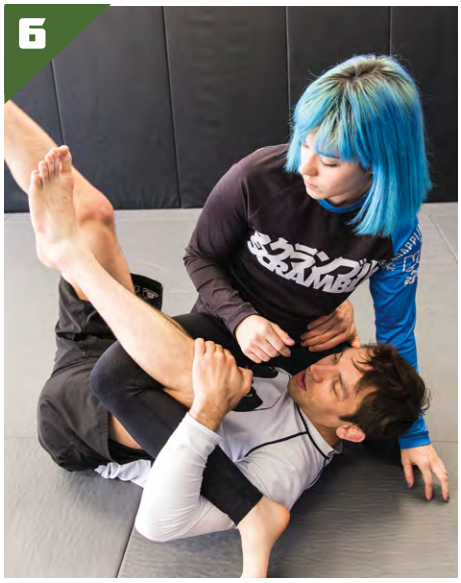
1: Starting in reverse de la Riva. 2/3: Invert over your right shoulder until you can catch your opponent's left leg with your left hand. 4/5: Shoot your right leg through and lock off a triangle on your opponent's left leg. 6: Extend your legs to force your opponent's left knee to the floor. 7/8: Bring your opponent's right leg across your body. 9/10: Lock off a toehold grip and drive it towards your opponent's hips to finish the submission.

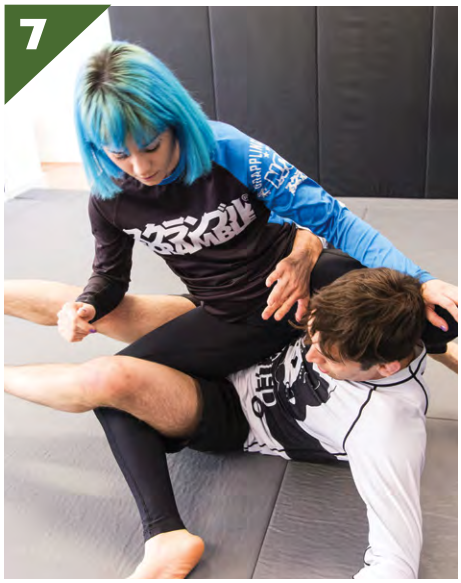
WAITER SWEEP TO BACK TAKE

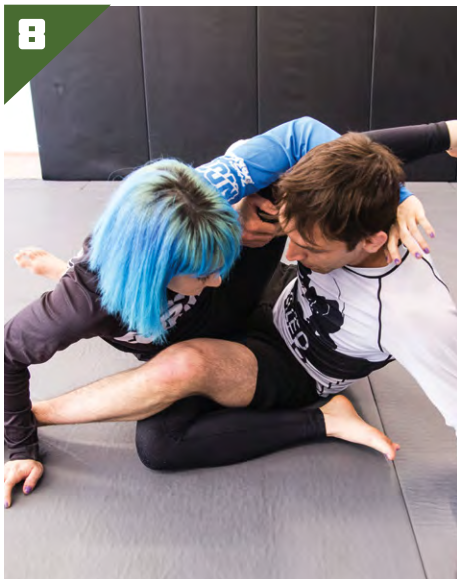
1: Starting in a shin-to-shin guard position. **2/3:** Drop your right shoulder down to the mat and underhook your opponent's left leg with your right arm. At the same time, elevate their right leg with the hook you've created via your left shin. **4/5/6:** Continue to rotate your hips all the way to your left until you have room to switch your legs and underhook your opponent's right leg with your left hand. Bring your left hand up towards your chest to gain full control of your opponent's right leg. You are now in a great position to start the waiter sweep. **7/8:** As you attempt to pendulum your legs and arrive on top, your opponent bases out with their right hand, preventing a smooth sweep. **9:** Sit up and base on your left elbow, making sure you keep tight control of your opponent's left leg on your shoulder. **10:** In a quick motion, move your head backwards and underneath your opponent's left leg. **11:** Lock your arms around your opponent's left hip, at the same time insert your right hook. **12/13:** Next, drop onto your back and extend your right leg to elevate your opponent and bring them down with their back on the mat. **14:** Next, push your opponent's right leg away with the sole of your left foot. **15/16/17/18:** Keep control of your opponent's arm with both hands before you move your hips to the right, insert your second hook and secure the back.











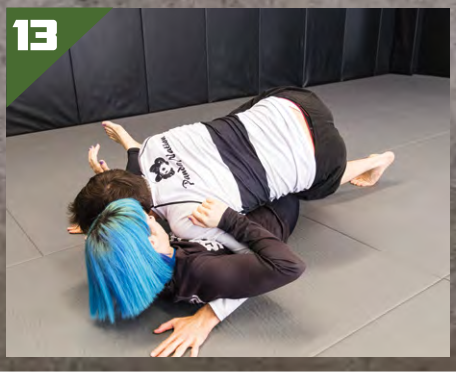
SHEDDING THE GI

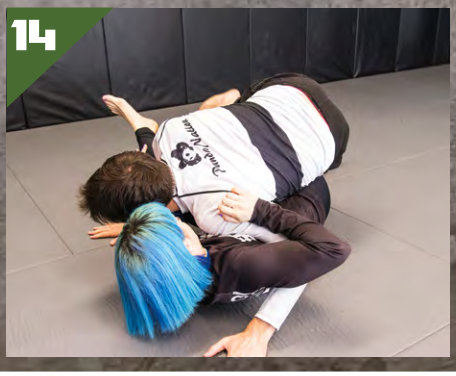
SEPH SMITH

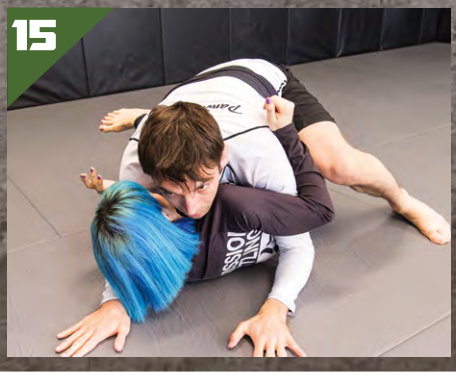
Showcasing a range of sweeps and attacks in this rendition of Shedding the Gi is none other than 50/50 Jiu Jitsu representative, Seph Smith! Seph is Ryan Hall's first black belt, an extremely talented jiu jitsu fighter and coach. Having competed in both sport jiu jitsu and MMA, Seph is known for his devastating array of leglocks and holds a 2nd degree black belt in combat sambo.

X-GUARD TO WAITER SWEEP

1: You have established a single leg x-guard position. **2/3:** Disengage your left foot from your opponent's hip and bring it underneath their right thigh. **4:** Rotate to your right and underhook your opponent's left thigh with your right hand. **5:** Continue rotating to your right until you are able to bring your left arm underneath your opponent's right ankle. **6:** Bring your left hand up towards your chest to gain full control of your opponent's right leg. **7:** From here, I like to switch my grips so that I control both of the opponent's arms. **8/9/10:** Pendulum your legs so that your opponent falls backwards from the momentum. **11:** Underhook your opponent's right shoulder. **12/13:** Switch your base and drive your body to the right. **14/15:** From here you are in a great position to clear your opponent's guard and arrive in a leg drag position.

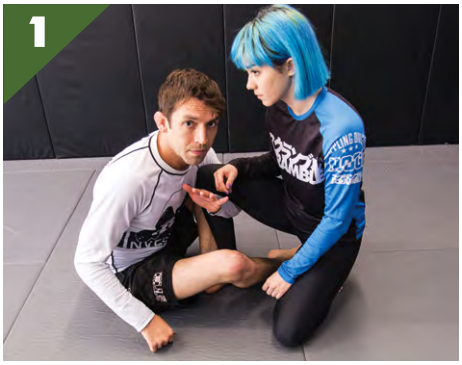


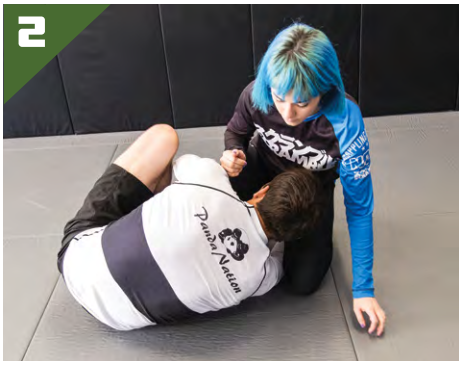


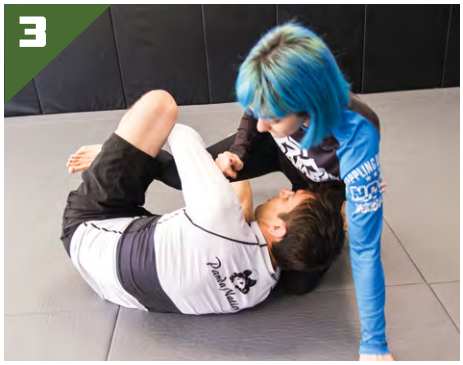


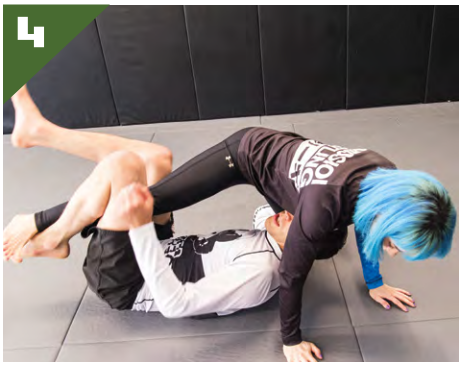
DEEP HALF GUARD BACK TAKE

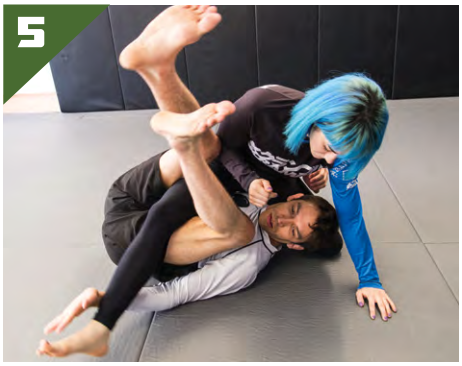
1: Starting in a shin-to-shin guard position. **2/3:** Drop your right shoulder down to the mat and underhook your opponent's left leg with your right arm. At the same time, elevate their right leg with the hook you've created via your left shin. **4/5/6:** As you look to go to a waiter sweep position your opponent extends their right leg so you can't gain the proper control. **7:** To initiate the back take, keep your right shin tight on the back of your opponent's right calf. **8/9** Next, elevate your opponent with your right shin, at the same time bring your left hand to control their left thigh. **10/11/12/13:** Bring your head to the other side of your opponent and at the same time extend your right leg to make them arrive in a seated position. **14/15:** Insert your first hook and look to attack.

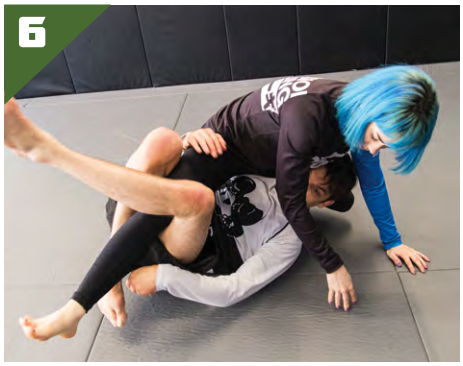


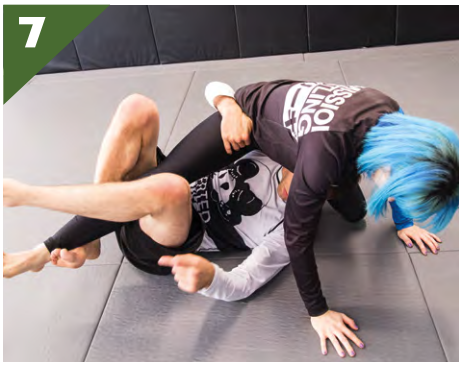


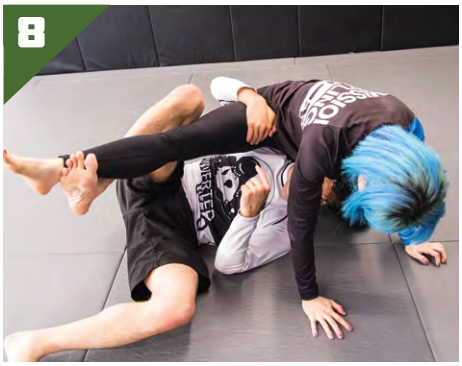


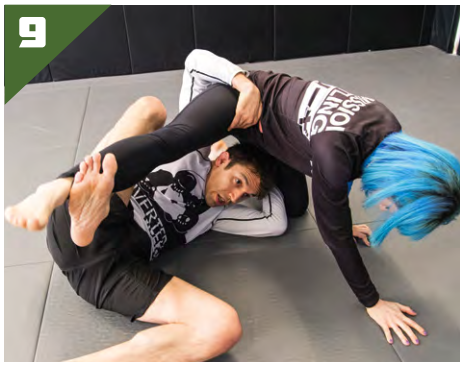


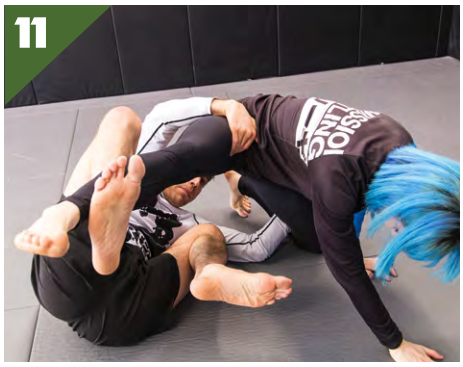


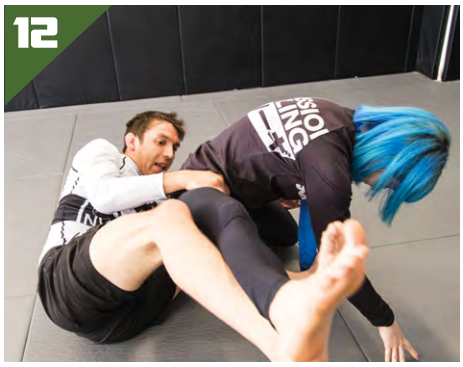


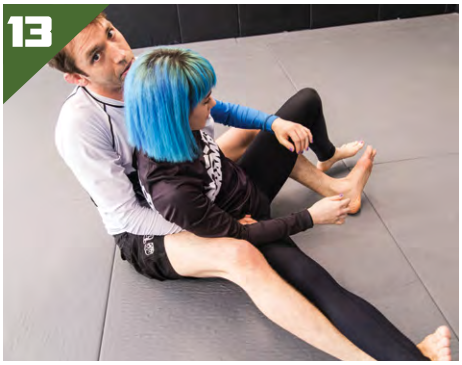






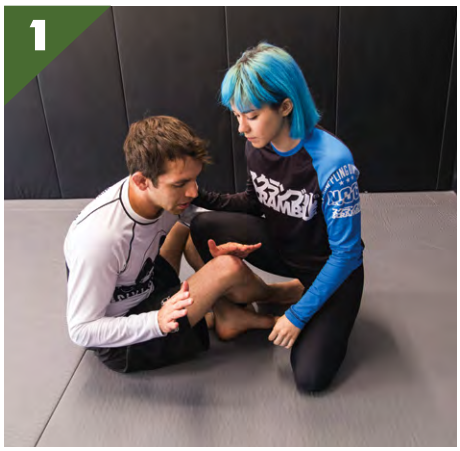


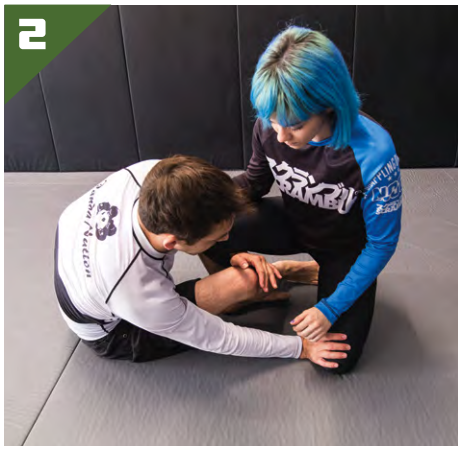


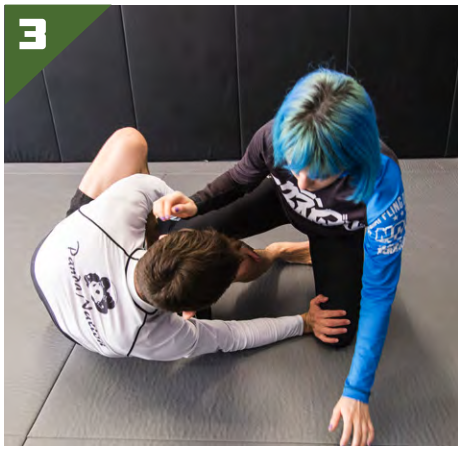


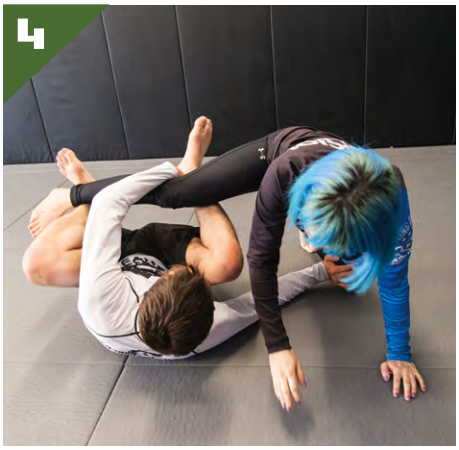
HEEL HOOK FROM X-GUARD

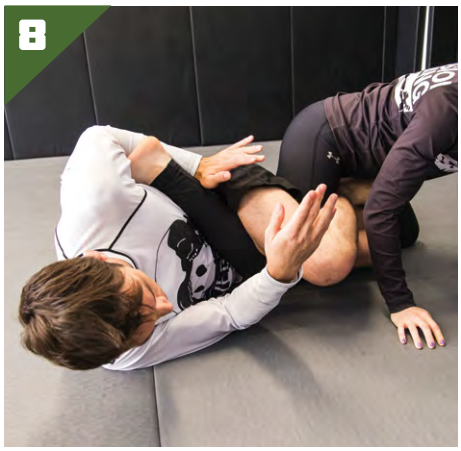
1: Starting in a shin-to-shin guard position. **2/3/4:** Drop your right shoulder down to the mat and underhook your opponent's left leg with your right arm. At the same time, elevate their right leg with the hook you've created via your left shin and control their distance with your right hand. **5:** Kick your left leg upwards while controlling your opponent's right leg with your left hand. **6:** Bring your left foot onto your opponent's right hip to arrive in a single leg x-guard. **7:** Next, bring your left foot over your opponent's hip and twist to your right. (Remember this is illegal in IBJJF events, as it's considered knee reaping). **8/9/10:** Clasp your hands together and start to apply twisting pressure on your opponent's heel, at the same time continue to twist to your right. From here your opponent will have to roll in an attempt to escape. **11/12:** When you arrive on top, bring your hips forwards and start to twist your body towards your right to apply the submission pressure.











BULL TERRIER
The Real Deal Aims
FUJIN RIJIN GI
Tribal Gi
BULL TERRIER
The Real Deal Aims
風神
BULL TERRIER
The Real Deal Aims
Shoping site : www.b-j-j.com (日本語)
www.btfightgear.com (English)
Resellers
FIGHTERSMARKET
Budo videos
Grapplers Delight
BRAZILIAN JIU-JITSU APPAREL
MMA WAREHOUSE.jp
www.bullterrier.co.jp

TECHNIQUE

OPEN GUARD PASSING

PASSING X-GUARD

1: You are standing and caught in your opponent's x-guard. **2:** Because your opponent is not controlling your left knee, as they stretch their legs you can turn your base to face away from them. This will take some pressure off. **3/4:** Keep turning until you can put your knee on the floor for a solid base. **5/6/7:** Extend your right leg, which is trapped between your opponent's guard, and start to slide it free. **8/9/10:** Lift your opponent's bottom knee and start to push it to the right to prevent them turning in towards you. **11/12:** Slide your hip into the space between your opponent's elbow and hip to complete the pass.

WITH NICK BROOKS

THERE ARE COUNTLESS NEW AND INNOVATIVE GUARDS BEING USED AT COMPETITION THESE DAYS, SO WE ARE FORCED TO LOOK AT NEW WAYS TO PASS! I HAVE FOUND THAT PASSING X-GUARD AND REVERSE DE LA RIVA GUARD CAN OFTEN BE PROBLEMATIC, SO HERE ARE SOME OF MY MOST SUCCESSFUL TECHNIQUES FOR YOU TO TRY OUT. I'VE ALSO THROWN IN A NICE PASS I LIKE TO USE WHEN MY OPPONENT WORKS A SOLID LAPEL GRIP FROM HALF GUARD, BERNARDO FARIA STYLE.

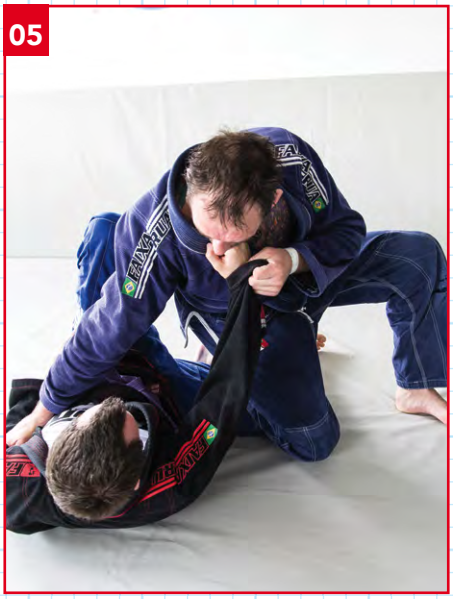
OPEN MAT RADIO.COM
SPONSORED BY:

MODIFIED X-GUARD PASS

1: You are caught in your opponent's modified x-guard and they are wrapping your ankle under their armpit. **2:** Control both of your opponent's trouser legs and use your right elbow to start to remove their foot from your right hip. **3/4/5:** Once you've removed their foot from your hip, push their left leg between your own legs, then sit on their chest. **6:** Feed your left hand into your opponent's collar. **7:** Control your opponent's left elbow. **8/9:** Lift your opponent's left elbow off the mat and slide your knee through. Now, depending on where your opponent's right arm is, you can either take the mount or fall to your back to lock off a triangle.

REVERSE DE LA RIVA PASS

1: You are standing and caught in your opponent's reverse de la Riva guard. They have control of your right ankle with their right hand. **2:** Control your opponent's right lapel, keeping your right elbow tight to your leg and hip. Base out with your left leg and at the same time control their right sleeve with your left hand. **3:** Break your opponent's grip on your right ankle and pull their right arm towards you. **4:** Push your knee back sharply to straighten your leg, this will remove the de la Riva hook. **5/6/7:** Now, knee-slice past your opponent's legs, keeping control of their left shoulder to keep them flat. **8/9:** Turn and cross face your opponent for a tight side control.



"FARIA" GUARD PASS

1/2: You have nearly passed your opponent's half guard, but you start to get trapped because they have passed your lapel between your legs to solidify their position. **3/4:** Control your opponent's right collar with your right hand and grip their left trouser with your left hand. Next, take your knee off the floor and sit on their hip for a good base. **5:** Lift your opponent's left knee and step back on their bottom leg with your left foot. **6:** From here you have opened enough space to free your trapped right leg. **7:** Keep lifting your opponent's collar and knee whilst dropping your hips to the floor. This creates lots of pressure and breaks their grip. **8/9:** Turn towards your opponent and cross face them for a tight pass.

WHY NOT SUBSCRIBE?

OUR BEST SUBSCRIPTION RATES EVER!

FREE DIGITAL WITH PRINT SUBSCRIPTIONS!

ISSUE 28 will be on UK newsstands from September 18th. Subscriber copies will be posted from September 11th.

SUBSCRIPTION PRICES:

You can now pick up an annual subscription to Jiu Jitsu Style from:

UK: £18 including p&p

EUROPE: £29 including p&p

ROW: £33 including p&p

ANNUAL SUBSCRIPTION & JIU JITSU STYLE T-SHIRT BUNDLES!

Pick up an annual magazine subscription and one of our awesome new t-shirts from just:

£25 INCLUDING POSTAGE!

VISIT WWW.BJJSTYLE.COM FOR MORE INFO

DOWNLOAD YOUR COPY IN DIGITAL

Search 'JIU JITSU STYLE' on your smartphone or tablet.

SO YOU WANT TO BE A SPONSORED ATHLETE?

If you look at the profiles of BJJ brands on social media, you'll often see up-and-coming athletes asking to join their team of sponsored athletes. And there are an increasing number of resources designed to help you understand what jiu jitsu and other sport-related companies are looking for when they decide to offer someone sponsorship.

On the face of it, sponsorship is a good thing. You can get free kit, support with travel to competitions and exposure to the wider BJJ community. Who wouldn't want that? It can also give us that extra incentive to push just a little harder in training and to do just that little bit better in tournaments. Except sometimes it can have the opposite effect on our motivation. So what's going on here?

In an ideal world, we would be *intrinsically* motivated to do BJJ; we would do jiu jitsu just for the inherent enjoyment we get from doing the activity. This is because intrinsic motivation is linked with better outcomes such as enjoyment of the sport, more effort, more persistence and better performance over the long term. So if intrinsic motivation is a good thing, what can we do to enhance it?

We can find a clue in research by motivation experts Edward Deci and Richard Ryan, who've conducted decades of projects investigating motivational processes. They found that a sense of competence is one factor which leads to greater intrinsic motivation. One way to enhance an athlete's sense of competence is to provide positive feedback on their performance and progress. And in some respects, gaining sponsorship is a form of feedback – we're unlikely to get sponsored unless we've shown some level of proficiency in jiu jitsu. So when a BJJ player interprets their sponsor's backing as a positive support and encouragement, they are likely to experience a motivational boost.

On the other hand, sponsorship can also lead to negative motivational consequences. A second factor which promotes good intrinsic motivation is a sense of autonomy. That is, we have a basic psychological need to feel like we choose freely how we behave. Yet companies have explicit and implicit expectations about how their sponsored athletes behave. These can include competing often, medalling regularly, and only wearing kit made by the company. There's nothing wrong with these expectations *per se*. It's just that the athlete finds him or herself engaging in behaviours that they wouldn't normally do unprompted, such as creating a social media profile where the brand is mentioned frequently. Receiving support from a sponsor can create pressure for the athlete to perform well consistently and to do everything that is expected of them. In turn, lack of self-control undermines intrinsic motivation and leads to increased extrinsic motivation.

"GAINING SPONSORSHIP ADDS EXTERNAL REASONS FOR ENGAGING IN BJJ-RELATED BEHAVIOURS WHICH CAN PROMPT A SHIFT TO MORE EXTRINSIC TYPES OF MOTIVATION"

Extrinsic motivation is most commonly thought of as doing an activity for external rewards such as money or medals. But it can also include less tangible goals such as avoiding punishment, gaining approval from others, avoiding internal pressures such as guilt or anxiety, or other benefits such as health and fitness and maintaining one's sense of self-worth based on jiu jitsu successes.

Once upon a time, an athlete's reason for doing jiu jitsu might have been of the healthy intrinsic type. Gaining sponsorship, however, adds external reasons for engaging in BJJ-related behaviours which can prompt a shift to more extrinsic types of motivation. In the short term, more extrinsic forms of motivation can prompt high levels of effort. In the long term, however, these less self-determined forms of motivation can bring about anxiety, a lack of persistence and poorer performance.

This shift from intrinsic to extrinsic motivation after the introduction of an external reward was first observed in behavioural experiments by Deci and colleagues in the 1970s. Termed the *overjustification* effect, it has since been observed in multiple studies in lots of different settings. This phenomenon is particularly problematic when an external reward is withdrawn. If an athlete is using their sponsored status as fuel for their motivational BJJ fire, the flames may die down to embers if the sponsorship is withdrawn.

So what's the take home message? I don't want you to go away thinking that sponsorships and the companies who offer them are evil. Far from it. It's just that different people interpret the experience of being sponsored differently. For some, it's a sign of their increasing competence, but if you're the kind of person who is likely to view the extra responsibilities as added pressure, then maybe those few extra gis aren't worth it in the long run.

(At this point, I'd like to give a shout out to my own sponsors STORM Kimonos who have supported me in my jiu jitsu journey since blue belt, and who have stuck with me during my competitive ups… and downs).

Dr Rebecca Hill is a Psychologist chartered by the British Psychological Society with a PhD in Sport and Exercise Psychology. She is also a BJJ black belt competitor under Professor Victor Estima and a current European Champion. She blogs about sport psychology and BJJ at www.rebeccalhill.com.

BENEFITS OF CROSS-TRAINING

Self-assessing your own jiu jitsu is one of the best ways of ensuring you progress. If you suck at sweeps, you work on sweeps. If your guard needs improvement, you force yourself to play more guard. Common sense, right? Well, this approach works for specific skills within jiu jitsu, but what if your weakness is a lack of flexibility, explosiveness or stamina? There is a strong argument to suggest that cross-training can help fill these types of voids in your jiu jitsu game. Have a think about your weaknesses, and then read on to find out what the best cross-training option may be for you.

YOGA

Are you totally wiped out for few days after a tough training session? Do you struggle to invert or regain guard as easily as your training buddies, or are you always injured? Then maybe you should consider yoga. Rickson and Kron Gracie, Sebastian Brosche (who runs 'Yoga For BJJ') and Nic Gregoriades are just a few of the many jiu jitsu guys who regard yoga as the perfect complement to jiu jitsu. Those who practise regularly claim they reap a huge number of benefits from their yoga. These include, but are not limited to: increased flexibility, reduced recovery time, an increased sense of awareness, enhanced balance, as well as yoga's use as an injury prevention tool.

"MANY PRO JIU JITSU ATHLETES HAVE STRONG BACKGROUNDS IN JUDO AS WELL, FOR EXAMPLE, ROLDOLFO VIEIRA AND ANDRE GALVAO"

We all know that injuries are inevitable, and part of the risk we accept when training in a full contact sport, but if the chance of injury is reduced by simple steps such as stretching regularly and ensuring we posture correctly, then it's worth a try! Aside from the physical aspects of yoga, there are benefits from both the mental and spiritual side of it too. An increase in both concentration and sense of awareness are qualities that can be directly transferred to jiu jitsu, along with claims that the breathing techniques used can help us learn to breathe more effectively when exhausted.

JUDO

Getting bored of pulling guard? Or is your stand-up game stale? Perhaps it's time for some judo. Most clubs have the infamous 'Judo Guy' who trains with them. He's the guy I slowly back away from when it's time to spar from standing - ha! Judo and jiu jitsu are closely linked by heritage, and lots of the common throws taught in jiu jitsu have come unaltered, directly from judo.

Many professional jiu jitsu athletes have strong backgrounds in judo as well, for example, Roldolfo Vieira and Andre Galvao. Lots of people choose to neglect the stand-up game in jiu jitsu for the guard pull. Ask someone why and the answer is usually to do with lack of confidence in throwing.

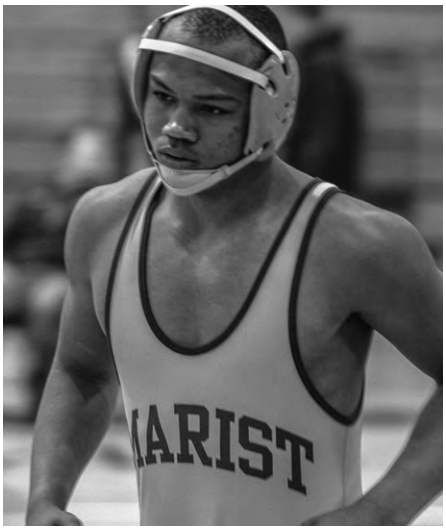
Developing a greater understanding of grip fighting and throws, not only helps with the stand-up side of jiu jitsu, but the grip breaking and control concepts behind certain grips apply directly to the ground game too. You work for grips that are necessary for your next move, not just to grip for the sake of gripping! If you thought judo was only useful in the gi, you are wrong! You only have to look at Ronda Rousey to see how effective judo can be without the grips. Relying on deep underhooks makes many of the judo hip throws easily transferable to nogi and submission grappling, not to mention the use of foot sweeps that work well with or without the gi.

WRESTLING

Gassing out too much? Not quick enough to pull off that pass you've been trying? Perhaps you should try what many claim to be the top contender for the best art to cross-train in - wrestling. It has been massive in the States for years, and there is little doubt within the jiu jitsu community that wrestling is beneficial to our jiu jitsu in many ways. There's no denying it - real wrestlers are incredible athletes. Whether they are scoring a takedown or securing a pin, watching wrestlers display their amazing cardio and endurance is enough to appreciate how much hard work they put into their training. Sometimes at jiu jitsu we are too complacent with accepting a sweep or pass, because we may be confident or reliant on our defence. However, developing a resilient and determined attitude is an element of wrestling that can be easily incorporated into jiu jitsu. Really fighting to maintain a position or not settling for being swept is a mix of the mental side of wrestling, and the physical side, which is usually developed through drills and sparring alongside consistent weight training.

Aside from equipping you with a huge number of takedowns that work both in and out of the gi, frequent and committed wrestling training can help you get faster, stronger and more explosive. This can mean the difference between pulling off that sweep, bridging and shrimping your way out of side control or winning a scramble for the top position. Sure, it may not sound like much, but this can make all the difference for competitive athletes as it can be the difference between winning or losing. Wrestling can open a whole new dimension to your game, not just from the obvious take downs from standing, but even identifying opportunities for single legs and ankle picks from open guard. Plus, you might get to wear a wrestling singlet. What's not to love?!

Still not convinced? Mix judo and wrestling with some savage leg locks and you are left with the Russian art of Sambo. There are loads of other arts that claim to be beneficial to jiu jitsu, but the ones I've covered are by far the most popular. If you have never cross-trained before, why not give it a try? Work out a weakness, an area you want to improve on, and see which art best suits your needs. You have got nothing to lose, and plenty to gain!



TO FOLLOW MORE REGULAR UPDATES CHECK OUT WWW.SHEBEASTBJJ.COM

HANNAH GORMAN

BREAKBJJSURF.COM

BREAK®
SURF & JIU JITSU CLOTHING

TATAMI FIGHTWEAR SWEAT SHORTS

£20

www.tatamifightwear.com

PRIDE OR DIE RASHGUARD

€49.90

www.prideordie.com

ADIDAS CHAMPION KIMONO

£99.99

www.cimac.net

KIT BAG

TATAMI FIGHTWEAR RED PANDA RASHGUARD
£35
www.tatamifightwear.com

93 BRAND FREEDOM EAGLE RASHGUARD
$59.99
www.rollmore.com

SCRAMBLE X GODFATHER VEST
£25
www.scramblestuff.com

93 BRAND MANDRILL SPATS
$59.99
www.rollmore.com

FAT

YOU DON'T GET FAT BY EATING FAT. YOU GET FAT BY NOT EATING FAT. SO GET SOME FAT.

Ok, that might sound a little confusing...

In this article I will cover the wonderful macronutrient (macro) that is fat. I will give a brief explanation of what fat is, good sources of healthy fats and when you need them in your diet. I will also cover when is best to include fat in your diet and the benefits that you can gain from doing so.

As with my other article on macros (see previous issue) this will be a basic look at what fat can do for you. I say basic because the uses, benefits and drawbacks of fat go well beyond the scope of this article. If you have any more questions on any macro nutrients that a Google search doesn't answer, please drop me a message via my website and I will be happy to help.

FIRSTLY, WHAT IS FAT?

"Fat is one of the three main macronutrients: fat, carbohydrate, and protein. Fats are a wide group of compounds whose basis is in long-chain organic acids, called fatty acids. More particularly, fats are esters of such organic acids formed with the alcohol glycerol. Glycerol is a triol, meaning that it has three chemically active -OH (hydroxyl) groups. Fats are made when each of these three -OH groups reacts with a fatty acid. The resulting fats are called triglycerides. Because of their preponderant aliphatic structure, fats are hydrophobic, generally soluble in organic solvents but generally insoluble in water. Fats made up of shorter chain fatty acids are usually liquid at room temperature, whereas the longer chain fats will be solid.

Fat is an important foodstuff for many forms of life, and fats serve both structural and metabolic functions. They are a necessary part of the diet of most heterotrophs (including humans). Some fatty acids that are set free by the digestion of fats are called essential because they cannot be synthesized in the body from simpler constituents. There are two essential fatty acids (EFAs) in human nutrition: alpha-linolenic acid (an omega-3 fatty acid) and linoleic acid (an omega-6 fatty acid). Other lipids needed by the body can be synthesized from these and other fats. Fats and other lipids are broken down in the body by enzymes called lipases produced in the pancreas.

Fats and oils are categorized according to the number and bonding of the carbon atoms in the aliphatic chain. Fats that are saturated fats have no double bonds between the carbons in the chain. Unsaturated fats have one or more double bonded carbons in the chain. The nomenclature is based on the non-acid (non-carbonyl) end of the chain. This end is called the omega end or the n-end. Thus alpha-linolenic acid is called an omega-3 fatty acid because the 3rd carbon from that end is the first double bonded carbon in the chain counting from that end. Some oils and fats have multiple double bonds and are therefore called polyunsaturated fats. Unsaturated fats can be further divided into cis fats, which are the most common in nature, and trans fats, which are rare in nature. Unsaturated fats can be altered by reaction with hydrogen effected by a catalyst.

This action, called hydrogenation, tends to break all the double bonds and makes a fully saturated fat. To make vegetable shortening, then, liquid cis-unsaturated fats such as vegetable oils are hydrogenated to produce saturated fats, which have more desirable physical properties e.g., they melt at a desirable temperature (30–40 °C), and store well, whereas polyunsaturated oils go rancid when they react with oxygen in the air. However, trans fats are generated during hydrogenation as contaminants created by an unwanted side reaction on the catalyst during partial hydrogenation. Consumption of such trans fats has shown to increase the risk of coronary heart disease."

Fat still has a bit of a bad reputation thanks to a load of propaganda back in the 80's. This was of course taken on board by the generations at the time (your parents and grandparents) and then they passed it onto you. The fear of fat is still present in most people. I would bet that most of you are still buying 'low fat' items and staying away from butter. So why is this the case?

This was down to a couple of factors:

1. Research at the time indicated that saturated fat was a major contributing factor to heart disease. We now know that this isn't the case and that some saturated fat in your diet is actually really good for you (I'll get to the benefits of fat in a minute).

2. Out of all of the macronutrients, fat is the highest in calories per gram. Carbohydrates and protein are just 4 calories per gram whereas fat is 9 calories per gram! This made people stay clear of fat as it was assumed that more calories equalled more fat gain (more fat means an increased chance of developing a number of diseases and health issues). While we know that fat is indeed the highest in calories per gram, this does not mean that it is bad for your health. Fat is essential for a balanced diet and for becoming (and staying) lean.

Now any nutritional coach worth their salt will tell you that having a very low fat diet is a pretty bad idea, especially if you are doing it for a long period of time. Having fat in your diet does all sorts of wonderful and amazing things - so much so, that many diets have been made off the back of it (such as the Anabolic and Fat Loading Diet), however that is an article for another day. There are absolutely tons of reasons why you should have fat in your diet, including (but not limited to):

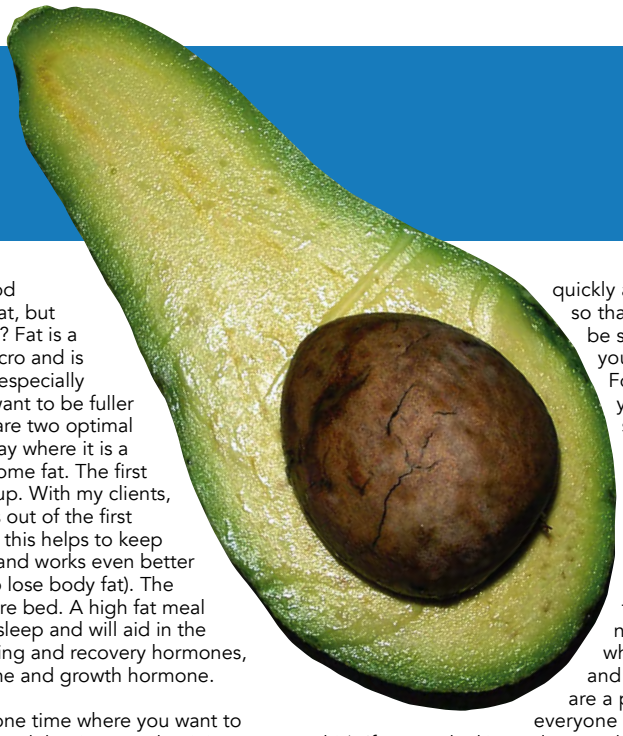
- Fat is filling. Anyone on any type of diet will tell you that being hungry is no fun. Fat gives you a fuller feeling for longer, due to how slowly it is digested.

- Foods higher in fat generally contain more Omega 3s. I have spoken about Omega 3s in the past as they do all sorts of amazing things from helping lower cholesterol, supporting thyroid function (better metabolism) to supporting joints.

- Helps increase reproductive health (by improving testosterone production).

- Aids better brain function due to more DHA being in your system. Better brain function equals better thinking. Better thinking means better BJJ.

- Many vitamins essential for good health (like A, D and K) are fat soluble. This means that they need fat to be optimally digested and absorbed.



• Coffee is also fat soluble, so if you want a good kick from your morning brew, have it with eggs.

• Reduces cancer risk.

• Reduces inflammation in the body.

• Boosts immune system.

• Better eye and skin health.

Sounds pretty good! So what do you want to be eating in order to get all of these wonderful benefits? Here are some of my favourite sources:

BUTTER

EGGS

RED MEAT

EXTRA VIRGIN OLIVE OIL

COCONUT OIL

PALM OIL

AVOCADOS

BACON

SALMON & TUNA

EXOTIC MEATS SUCH AS BISON

NUTS

NUT BUTTERS

OLIVES

There are a lot more sources out there but these are just some of the most popular ones. Try to get 'grass fed' when it comes to meat and 'free range' when it comes to eggs. This means that the animals have been allowed to roam and eat their natural food. This leads to a better nutrient profile, which leads to you getting more nutrients from your food.

It's all well and good knowing what to eat, but when do you eat it? Fat is a pretty versatile macro and is great in any meal (especially meals where you want to be fuller for longer). There are two optimal times during the day where it is a great idea to eat some fat. The first is when you wake up. With my clients, I like to keep carbs out of the first couple of meals as this helps to keep them a bit leaner (and works even better if they are trying to lose body fat). The second is just before bed. A high fat meal then will help you sleep and will aid in the production of healing and recovery hormones, such as testosterone and growth hormone.

However, there is one time where you want to stay away from fat and that is around training.

I have talked a lot in the past about workout nutrition and what you should be eating at this time, but I have never talked about what not to eat. Eating fat around training will completely change how your body handles nutrients at that time. If you are using some form of workout nutrition (and I highly suggest you do) then eating fat at this time will slow down or halt the release of nutrients. While this is fine at other times of the day, before, during and after training is when we want fast digesting foods. We want the nutrients that you are taking in to leave your stomach as quickly as possible so that they can be soaked up by your muscles. For this reason, you should stay away from fat at this time.

Fats are a fantastic macro and should be a focus in any nutrition plan where health and performance are a priority (so, for everyone reading this). If you are looking to lean up then I really do suggest taking a closer look at a higher fat diet. While a high fat diet can be brilliant in leaning you up, it is possible that athletic performance can suffer without the presence of carbs. In the next instalment I will discuss carbs and how you can make them work for you, instead of against you!

Stay healthy,

Mike

Unorthodox Nutrition work with athletes worldwide, from local stars right the way through to UFC fighters, Premiership Footballers and World Champions. They specialise in helping combat athletes lose fat and gain muscle so that they can operate to the maximum of their potential during training and competition.

FOR MORE INFORMATION VISIT WWW.UNORTHODOX-NUTRITION.COM

FIT TO FIGHT

SLEEP WITH ANDY MARSHALL

SLEEP IS A CRUCIAL FACTOR IN HEALTH AND PERFORMANCE THAT'S OFTEN OVERLOOKED. INSUFFICIENT SLEEP COMPROMISES RECOVERY AND MAKES IT MORE DIFFICULT TO MAINTAIN A GOOD BODY COMPOSITION. IN STUDIES COMPARING FIVE HOURS OF SLEEP TO EIGHT HOURS OF SLEEP, THE GROUP THAT SLEPT LESS HAD CONSISTENTLY HIGHER CONCENTRATIONS OF CATABOLIC HORMONES LIKE CORTISOL AND LOWER CONCENTRATIONS OF ANABOLIC (MUSCLE-BUILDING) HORMONES.

I'm sure you've been told to get enough sleep in the past, so this isn't new to you, but I don't think people realise just how much of a difference it can make.

On top of lack of sleep presenting your body with a chronic stressor (stress is another big factor regarding your health and performance), it shifts your body's Respiratory Exchange Ratio (RER).

Most people don't know what RER is, but it's easy to understand. It's a way to measure what source of fuel your body is primarily using. A low RER number means your body is burning a greater proportion of fat, and a high RER number means your body is burning a greater proportion of carbohydrate or protein. Skimping on sleep increases your RER without affecting your metabolic rate.

"IN STUDIES COMPARING FIVE HOURS OF SLEEP TO EIGHT HOURS OF SLEEP, THE GROUP THAT SLEPT LESS HAD CONSISTENTLY LOWER CONCENTRATIONS OF ANABOLIC (MUSCLE-BUILDING) HORMONES"

Here's what that means, just using some rough numbers: Let's say you burn 2,000 calories at rest during the day (I'm not talking about exercise here, because carbohydrate is the primary fuel source for almost any intense exercise). With a lower RER, that may mean you burn 1,500 calories from fat, and 500 from carbohydrate or protein. With a higher RER, that may mean you burn 1,000 calories from fat, and 1,000 from carbohydrate or protein.

So what's the big deal? Well, for one, assuming you're trying to lean out, that means you're burning less fat for every pound of weight loss on the scale. Since sleep doesn't affect your metabolic rate a ton, you'll lose WEIGHT at the same rate, but more of that weight will come from muscle instead of from fat. Best-case scenario is that you have enough stored glycogen to impede the muscle loss, so you just lose fat at a slower rate and have to constantly train with low glycogen stores and have rubbish workouts. If you're trying to gain muscle without putting on a ton of fat, a higher RER due to less sleep will mean that more of each pound you gain will be fat instead of muscle.

So how much is enough? Well, it varies person to person and is affected by your age and some genetic variants. For a small minority of people, five hours is enough. For most it's seven to nine hours. Simply try to get to bed early enough that you don't have to wake up to an alarm in the morning.

IMPROVE YOUR SLEEP QUALITY

The quality of your sleep will affect your training, recovery, weight goals and overall health. Here are some tips to get you on the right track:

1. Make sure your room is cool and dark.

2. Minimise screen time (TV, phone, laptop) for at least two hours before going to bed.

3. If you have things hanging over you, write them down before trying to sleep, so you won't be anxious about having to remember them.

4. Have a distinct pre-bed ritual so your body knows when it's time to start calming down for the night. Try to maintain a constant circadian rhythm, always going to sleep at about the same time.

OFFICIAL PARTNER

IPIC

ABU DHABI WORLD PROFESSIONAL JIU JITSU CHAMPIONSHIP

AbuDhabi

NETHERLANDS NATIONAL PRO JIU JITSU CHAMPIONSHIP

Date: August 9, 2015

Registration: June 8, 2015 ~ August 3, 2015

Location: Sports Hall Zuid, Amsterdam, Holland

PORTUGAL NATIONAL PRO JIU JITSU CHAMPIONSHIP

Date: October 10, 2015

Registration: June 16, 2015 ~ September 30, 2015

Location: Pavilhão Desportivo dos Lombos, Lisbon, Portugal

SPAIN NATIONAL PRO JIU JITSU CHAMPIONSHIP

Date: December 5, 2015

Registration: August 30, 2015 ~ November 30, 2015

Location: Palacio de Deportes José Maria Martin Carpena

FRANCE NATIONAL PRO JIU JITSU CHAMPIONSHIP

Date: February 28, 2016

Registration: October 1, 2015 ~ February 21, 2016

Location: Faculté des sciences du sport - UFR STAPS, France

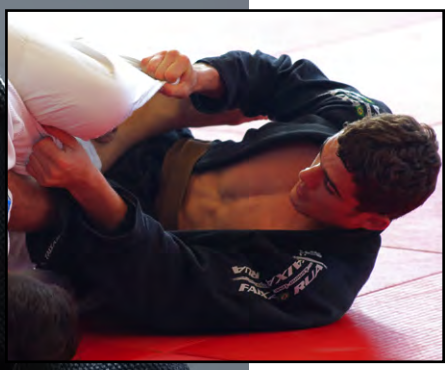
BRITISH NATIONAL PRO JIU JITSU CHAMPIONSHIP

Date: March 5, 2016

Registration: December 1, 2015 ~ February 24, 2016

Location: Westcroft Leisure Centre

GIVEAWAY



WIN

WIN A FAIXA RUA LEVE KIMONO!

Faixa Rua has offered up one of their awesome Leve kimonos for our latest giveaway!

The Leve is one of Faixa Rua's most popular kimonos, with a design that has stood the test of time for competitors all over the world. The jacket is made from 450gsm pearl weave cotton for a light, yet durable feel. This kimono features ripstop trousers and collar, and is a great option for both competition and training. The jacket also features a slim fit, reducing any excess material.

To enter our draw to win this Faixa Rua kimono, all you need to do is answer the following question:

WHO IS SAULO RIBEIRO'S BROTHER

A) Rodolfo
B) Roger
C) Xande

Send your answers to bjjstyle@gmail.com with your full name, best delivery address and size information.

Good luck!

Closing date – 10th September 2015. The draw takes place on 11th September 2015 and the winner will be notified by email. One entry per person.

For a full list of Faixa Rua products visit:

WWW.FAIXARUA.CO.UK

JIU JITSU STYLE REVIEW CORNER

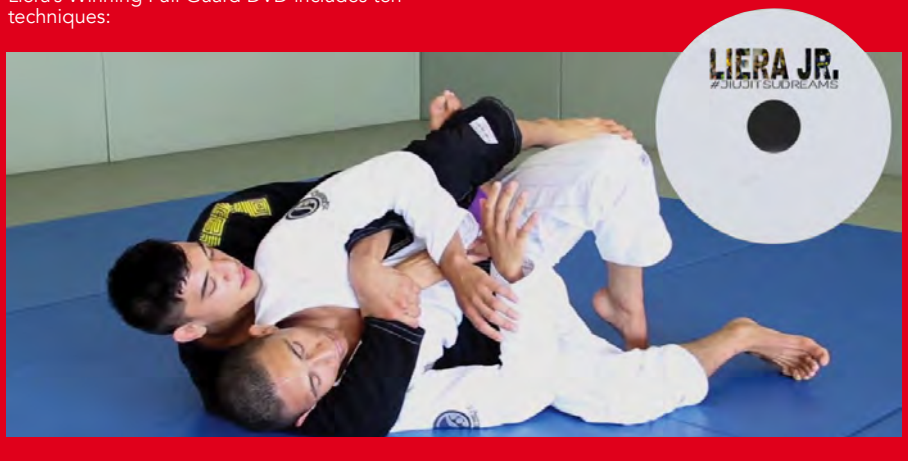
DO YOU WANT YOUR PRODUCTS REVIEWED?
To have your jiu jitsu gear featured in JJS, send us an email at info@bjjstyle.com

MICHAEL LIERA JR. WINNING FULL GUARD DVD

Michael Liera Jr. is one of Atos' rising stars, having won IBJJF World titles at blue, purple and brown belt before being awarded his black belt this year. Uniquely for a modern day jiu jitsu fighter, Liera has a fantastic closed guard, which forms the basis of this instructional DVD.

Liera's Winning Full Guard DVD includes ten techniques:

- Entering full guard from de la Riva
- Entering full guard from de la Riva 2
- 2 on 1 arm drag to the back
- 2 on 1 arm drag to pendulum sweep
- 2 on 1 arm drag to arm lock
- Omoplata
- Xande sweep off guard opening
- Muscle sweep
- Omoplata off a standing guard break
- Taking the back off a standing guard break



Though ten techniques is a relatively small number of positions for an instructional DVD, all positions shown are extremely applicable, tried and tested manoeuvres that Liera has pulled off in competition. In fact, there's a great bonus "competition analysis" segment within the DVD where Michael narrates over footage of him performing the techniques within the instructional. The DVD is also priced modestly at $20 excluding shipping.

Despite his young age, Michael is a very detailed teacher and explains the concepts behind each position very well. The production value is basic, but clear and acceptable. There are multiple camera angles where applicable so you don't miss any details.

Liera focuses on a number of ways to get to closed guard from the de la Riva position, which acts as a fantastic bridge for any open guard players looking to develop their closed guard.

This DVD offers a refreshing approach to the closed guard through the eyes of a young, modern jiu jitsu fighter and is well worth the $20 if you want to brush up on what is generally a very overlooked position.

DVD AVAILABLE VIA LIERAJR.COM FOR $20

RAD ROLLERS

We recently had the pleasure of trying out the new RAD products stocked by Scramble. The two products we were sent were the RAD Rod (£26.99) and the RAD Helix (£33.99). The RAD Rod is designed to help flush lactic acid and other nasties out of the muscle, whereas the RAD Helix is a foam roller with more design and purpose.

Firstly, let's talk about the RAD Rod – we seriously don't know how we got by without this thing our lives. While it is fantastic for sore muscles, where it really comes into its own is on tendons and connective tissue. BJJ is pretty hard on the body and most people will find out that it's their tendons that become sore before the muscles. This is an amazing tool to help relieve that and is brilliant for warming up and cooling down around sessions.

The RAD Helix is a foam roller, but with more of a purpose. Its smaller size and innovative design means that it is brilliant at getting all those tiny knots out of your muscles that other rollers seem to struggle with. The design of the roller makes it perfect for stubborn trap and back muscles, while fitting easily into a backpack or kit bag.

Like the RAD Rod, the first thing we noticed is the build quality of the items. These aren't products that have been knocked up in two minutes via a rundown factory somewhere. There has been real thought and care put into the design and quality.

If you want to take your recovery and health to the next level, these are items that we highly recommend.

AVAILABLE VIA SCRAMBLESTUFF.COM

BERNARDO FARIA "FARIA GUARD" DVD

Reigning Absolute black belt World champion, Bernardo Faria, has long been known for his devastating application of the half guard, so we were super excited to get hold of this DVD! Bernardo's proficiency as a half guard player led to him developing his own system, now known as "Faria Guard".

This is a monster offering from Digitsu, the company that has also brought you successful instructional titles such as *Lucas Lepri Championship Guard Passing* and Gianni Grippo's *Next Gen De La Riva Guard*. There are over 40 different videos across two DVDs in the Faria Guard instructional.

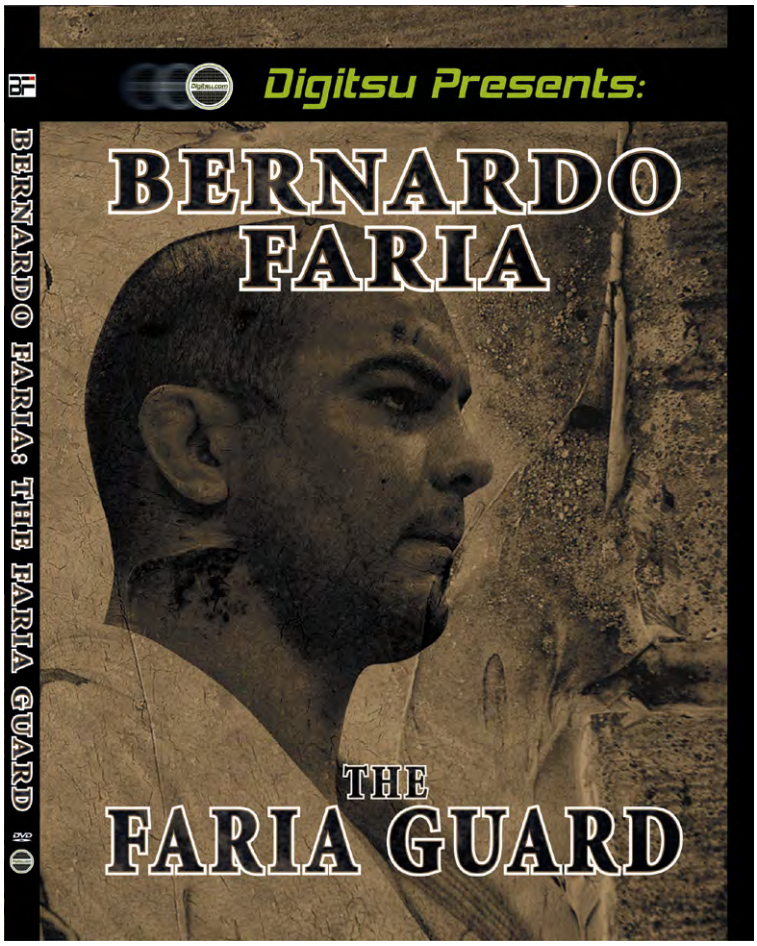
The instruction is extremely detailed, with Bernardo running through each position at a steady pace and projecting his voice clearly. The production value is also of a great standard, with multiple camera angles and replays at the end of each demonstration. The whole DVD is also shot in a clear mat space with great lighting, making it easy to pick up on all the little details.

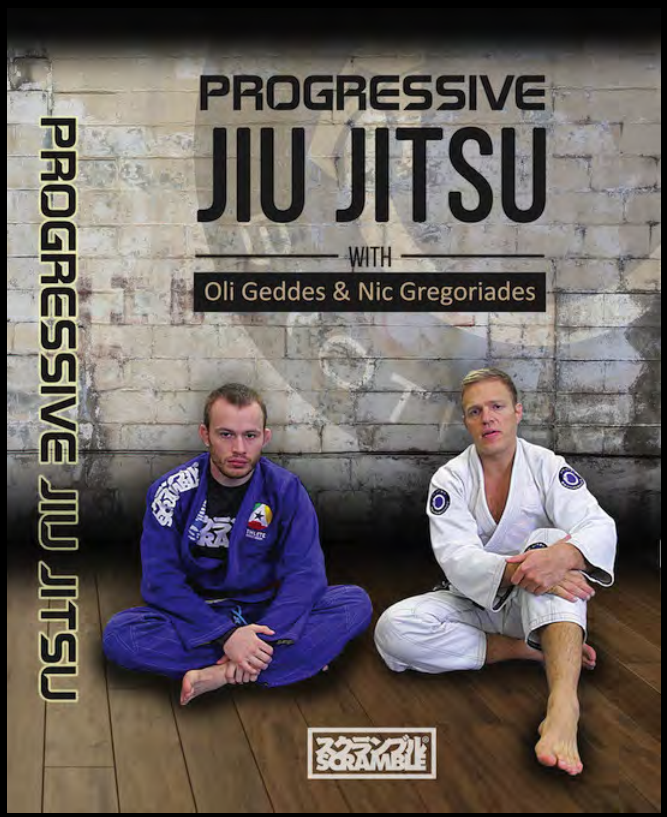
Bernardo covers a range of techniques to help you reach the Faria guard, plenty of sweeps and of course, submissions. The great thing about the concepts outlined in this DVD is that they are techniques that can be beneficial for people of all shapes, sizes and skill levels. Faria's half guard principles don't rely on extreme athleticism, speed or power; just proper application of technique.

The DVD kicks off with a range of ways to recover your half guard from bad situations, such as side control or when your opponent has your back. From here, Bernardo progresses through his range of techniques from Faria Guard, which is essentially a range of sweeps, transitions and submissions from his customised deep half guard.

The content in this DVD is very, very interesting, and something a little different from the wave of open guard content we are seeing on the market right now. Don't be put off by Bernardo's size – there's definitely something in here for everyone!

DVD AVAILABLE VIA DIGITSU.COM FOR $69.99 OR $47.48 ON DEMAND





PROGRESSIVE JIU JITSU WITH OLI GEDDES AND NIC GREGORIADES

Nic Gregoriades and Oli Geddes are two black belts under Roger Gracie. Nic is also known under his Jiu Jitsu Brotherhood alter ego while Oli is a highly active competitor and referee on the tournament scene around the world. They have collaborated together on this instructional video called Progressive Jiu Jitsu, which comprises of 24 techniques (12 from Nic and 12 from Oli) spanning a total viewing time of just over one and a half hours.

Production quality is excellent. The main camera viewpoint captures Oli and Nic executing techniques against a plain dark floor and background. Details within the instruction are picked out and shown close-up for a split second without interrupting the flow of the instruction. Once the technique has been shown and explained for the first time, the footage shows Nic or Oli repeating the same move two further times at regular speed, each from a slightly different angle. The picture quality is HD and the sound is perfectly clear, although on occasion, it loses volume for a second as the instructor's mouth becomes obscured by a manoeuver. Both Nic and Oli are experienced class instructors, so their explanation of techniques is superb.

The techniques covered are a completely random selection. It is very much like having a seminar with both Nic and Oli where they have chosen a couple of dozen of their favourite techniques. This contrasts with lengthier, concept driven, single themed instruction sets, such as those offered by Ryan Hall or the sets offered by Digitsu. This is not a problem per se; there is after all no reason an instructional has to follow convention, but some may find the lack of an overall theme means the collection of techniques offered could be hard to remember as a whole.

The twelve techniques offered by Nic Gregoriades range in complexity from a reasonably basic level to the more complex. Regardless of the technique, Nic breaks down each component of the technique in a way that allows the viewer, whatever their level, to easily digest and understand the move.

Oli Geddes is also adept in the manner with which he breaks down a technique. His selection of twelve moves are arguably a little more advanced than Nic's. On a couple of occasions, Oli references a previous technique, but overall, it is not necessary to view these in any order.

AVAILABLE VIA JJBGEAR.COM FOR £31

Be Victorious

VTY 2.0

ARTWORK BY GARTISTA

- > 450 GRAM PEARL WEAVE JACKET
- > CONTRAST STITCHING / EMBROIDERED LOGOS
- > TAILORED CUT FOR A BETTER FIT
- > 8OZ CANVAS COTTON TROUSERS
- > 4 DRAWSTRING LOOPS
- > SUPER THICK DUO LAYER ROPE DRAWSTRING
- > STYLISH BRANDED WOVEN INSIDE TAPE
- > SUBLIMATED NECK YOKE LINING
- > FREE DRAWSTRING GI BAG

VALOR

VICTORY 2.0 KIMONO ONLY £89.99 FROM

VALORFIGHTWEAR.COM

RAY STEVENS ACADEMY

Olympic Judo Silver Medalist • Roger Gracie Brazilian Jiu Jitsu Black Belt

WWW.RAYSTEVENSACADEMY.CO.UK

ENQUIRIES@RAYSTEVENSACADEMY.CO.UK

07753606172 / 07956676452

CLASSES - MONDAY/WEDNESDAY/FRIDAY/SATURDAY

GI SPOTLIGHT | ADIDAS QUEST KIMONO

OVERVIEW

Having been absent from the jiu jitsu market for a number of years, sporting giants, Adidas, are back in the game. Their "Quest" kimono is a premium offering of real quality, with flashes of the customary Adidas branding we've all come to love.

JACKET

The jacket is constructed of 580 gram 100% pre-shrunk cotton, with the UK retailer, www.cimac.net, describing the single weave material as "having the durability of double weave". From an aesthetic perspective, we really like this kimono. The trademarked Adidas three stripes run the length of the forearms along the sleeves, which is enough to give the product an authentic feel. There is also subtle use of the Adidas logo on the upper right shoulder and on the end of the right lapel.

The fit and quality of this kimono was absolutely fantastic, with every detail screaming durability and comfort. While the general build reminded us of a "bomb proof" old school judo gi, it is clear that great attention had been paid to the cut. The body of the jacket was nicely fitted, with no extra, baggy material, while the sleeves were a perfect length with the cuffs sitting around the wrist bone.

TROUSERS

The kimono features pre-shrunk 345 gram cotton trousers, making them relatively weighty, but also extremely durable. As with the jacket, these trousers were exceptionally comfortable. The fit around the waist was particularly impressive, with the stretchy drawstring rope holding the trousers in place securely during rolling. There were no issues with the rope coming undone or the trousers slipping down, which can be a problem with other kimonos.

The final third of the trouser legs feature the traditional Adidas three stripes from the ankle upwards, while the secondary Adidas logo is also featured on the calf of the right leg.

DETAILS

The main detail of note here is, without doubt, the exceptional build quality of this product. You could be forgiven for expecting this as a minimum requirement from an Adidas product, but they really have hit the nail on the head with this gi – an impressive feat considering their lengthy omission from the jiu jitsu market.

SUMMARY

This is an Adidas product, so no doubt there will be some people who are instantly turned on, or put off, by the iconic branding on their kimonos. Whatever your opinion of the Quest's styling, we can vouch that it is a top quality offering that will serve you well for years as an everyday training gi.

It is worth noting that the branding makes the Quest illegal to wear at IBJJF events. It is available in white, black and blue.

AVAILABLE VIA WWW.CIMAC.NET

FROM £99.99

TOURNAMENT REVIEW

WORDS: JON SHOTTER PICTURES: ALBERTO MARCHETTI

IBJJF WORLD CHAMPIONSHIPS

THE IBJJF WORLD CHAMPIONSHIPS IS JIU JITSU'S SHOWPIECE ANNUAL EVENT, THE TITLE EVERY FIGHTER DREAMS OF ACHIEVING AND A GREAT OPPORTUNITY TO SEE THE BEST TALENT ON THE PLANET. DESPITE A NUMBER OF NOTABLE OMISSIONS FROM THE TOURNAMENT, INCLUDING THE LIKES OF RODOLFO VIEIRA DUE TO INJURY AND ANDRE GALVAO, WHO CHOSE TO FOCUS ON COACHING, THERE WERE PLENTY OF EPIC FIGHTS ACROSS THE FIVE-DAY EVENT.

The early shock came when reigning open weight champion, Marcus Buchecha Almeida, was forced to withdraw from the competition, having sustained an ominous knee injury during a match with Ricardo Evangelista. With jiu jitsu's poster boy now out of the running, it left the community hedging their bets on who would walk away with the open weight championship. It was Alliance's Bernardo Faria who would claim all the plaudits this year, with the half guard master decimating all comers on his way to double gold. Faria was in outstanding form in all his bouts, and no-one looked likely to derail his journey to success.

It was Faria's teammate from Marcelo Garcia's academy in New York, Dominyka Obelenyte, who would cause the biggest shock of the tournament in picking up double gold in the black belt division. This was Dominyka's first Worlds as a black belt and – despite the omission of Gabi Garcia – she defeated many notable opponents on the way to the top.

A final word must be saved for the outstanding efforts of Rafa Mendes, who eased past all adversaries on the way to claiming his fifth world title. Astonishingly, not a single opponent was able to score a point or advantage against Mendes, and even the legendary Rubens Charles was unable to sustain a threat during their final.

-55 kg

Final: Bruno da Silva Malfacine (Alliance) beat Joao Ricardo Bordignon Miyao (PSLPB Cicero Costha) by 8x8 pts 2x1 adv

Bronze: Rafael Freitas (Gracie Barra) and Ivaniel Cavalcante de Oliveira (Checkmat)

Route to the gold: Washington Lima by crucifix choke (QF), Rafael Freitas by armbar (SF), Joao Miyao by advantage (F)

-61 kg

Final: Rafael Mendes Godoy (Atos Jiu-Jitsu) beat Rubens Charles Maciel (Alliance) by pts

Bronze: Mario Sergio Names Reis (Alliance) and Gianni Paul Grippo (Alliance International)

Route to the gold: Andre Monteiro by bow and arrow, (Rd1) Phillipe Della Monica by choke from back (QF), Mario Reis by wristlock (SF), Rubens Charles by 6x0 (F)

-67 kg

Final: Paulo Henrique Bordignon Miyao (PSLPB Cicero Costha) beat Daniel Beleza G. de Andrade (SAS Team USA) by rear choke

Bronze: Kim Terra (Brasa / CTA / RT) and Jose Tiago da Silva Barros (PSLPB Cicero Costha)

Route to the gold: Victor Paschoal by choke from back (QF), Kim Terra by 8x2 (SF), Daniel Beleza by choke from back (F)

-73 kg

Final: Michael Alexandre Langhi (Alliance) beat Lucas Alves Lepri (Alliance) by gentlemen's agreement

Bronze: Jonathan Torres (Atos Jiu-Jitsu) and Gabriel Rollo da Silva Pontes (Checkmat)

Route to the gold: Arthur Dominick by points (Rd2), Samuel Hertzog by 2x0 adv (QF), JT Torres by 2x2 pts 1x0 adv (SF), Lucas Lepri by gentlemen's agreement (F)

-79 kg

Final: Claudio Calasans Camargo Júnior (Atos Jiu-Jitsu) beat Vitor Henrique Silva Oliveira (GF Team) by 8x4

Bronze: Victor de Oliveira Estima (Gracie Barra) and Otavio Ferreira de Sousa (Gracie Barra)

Route to the gold: Vinicius Marinho by 6x4 (QF), Victor Estima by 4x2 (SF), Vitor Oliveira by 8x4 (F)

-85 kg

Final: Leandro Lo Pereira do Nascimento (PSLPB Cicero Costha) beat Tarsis Carvalho Humphreys (Alliance) by 7x0 pts

Bronze: Gustavo Ramos Campos (Atos Jiu-Jitsu) and Renato Guimaraes Cardoso (Alliance)

Route to the gold: Inacio Neto by walkover (Rd 1), Matheus Diniz by pts 4x0 (QF), Renato Cardoso by 15x2 (SF), Tarsis Humphreys by 7x0 (F)

MEDAL LEADERS

TEN TIME CHAMPION

- ROGER GRACIE (2004-2010)

EIGHT TIME CHAMPION

- MICHELLE NICOLINI (2006-2014)

SEVEN TIME CHAMPIONS

- ALEXANDRE RIBEIRO (2004-2015)
- BRUNO MALFACINE (2007-2015)
- HANNETTE STAACK (2002-2011)
- LETICIA RIBEIRO (2000-2012)

SIX TIME CHAMPIONS

- BIANCA ANDRADE 2001-2010)
- GABRIELLE GARCIA (2008-2012)
- MARCUS "BUCHECHA" ALMEIDA (2012-2014)

FIVE TIME CHAMPIONS

- BEATRIZ MESQUITA (2012-2015)
- LUANNA ALZUGUIR (2009-2013)
- MARCELO GARCIA (2004-2011)
- RAFA MENDES (2010-2015)
- ROBSON MOURA (1997-2007)
- RODOLFO VIEIRA (2012-2014)
- SAULO RIBEIRO (1997-2002)

FOUR TIME CHAMPIONS

- BERNARDO FARIA (2010-2015)
- FABIO GURGEL (1996-2001)
- GUI MENDES (2009-2014)
- KYRA GRACIE (2006-2010)
- ROBERTO "ROLETA" MAGALHAES (1996-2000)
- ROMULO BARRAL (2007-2013)
- ROYLER GRACIE (1996-1999)
- RUBENS "COBRINHA" CHARLES (2006-2009)

-91 kg

Final: Alexandre Couceiro Ribeiro (Ribeiro Jiu-Jitsu) beat Lucas Joas Gomes Leite (Checkmat) by 4x2 pts

Bronze: Jackson Sousa dos Santos (Checkmat) and Timothy-Michael Spriggs (Team Lloyd Irvin)

Route to the gold: Dimitrius Souza by 2x0 (QF), Jackson Sousa by 6x0 (SF), Lucas Leite by 4x2 (F)

-97 kg

Final: Bernardo Augusto Rocha de Faria (Alliance) beat Joao Gabriel de Oliveira e S. Rocha (Soul Fighters BJJ) by 8x2 pts

Bronze: Igor Silva (GF Team) and Yuri Costa Simões M. da Silva (Brasa CTA)

Route to the gold: Pedro Moura by armbar (QF), Igor Silva by kneebar (SF), Joao Gabriel Rocha by 8x2 (F)

KEEPING IT IN THE FAMILY

THE GRACIES HAVE 18 MUNDIALS TITLES, BUT ONLY THROUGH 3 FAMILY MEMBERS; ROGER WITH 10 AND ROYLER AND KYRA WITH 4.

+97 kg

Final: Gabriel Lyrio Lucas (Checkmat) beat Ricardo Ferreira Evangelista (GF Team) by 3x2 pts

Bronze: Abraham J. Marte Messina (GF Team California) and Alexander Riis Hilligsoe Trans (UAE Jiu-jitsu Team)

Route to the gold: Leo Davila by choke from back (Rd1), Leo Nogueira by WO - injury (QF), Alexander Trans by WO - injury (SF), R. Evangelista by Pts: 0x0, adv 3x2 (F)

OPEN

Final: Bernardo Augusto Rocha de Faria (Alliance) beat Alexander Riis Hilligsoe Trans (UAE Jiu-jitsu Team) by walkover (injury)

Bronze: Ricardo Ferreira Evangelista (GF Team) and Leandro Lo Pereira do Nascimento (PSLPB Cicero Costha)

Route to the gold: Roberto Alencar by bow and arrow choke (Rd 2), Erberth Santos by kneebar (QF), Leandro Lo by armbar (SF), Alex Trans by WO (injury) (F)

SEVEN YEAR ITCH

WITH SEVEN YEARS BETWEEN THIS TITLE AND HIS LAST, XANDE SHARES THE SAME GAP AS ROBSON MOURA WHO WON HIS 4TH TITLE IN 2000 AND HIS 5TH IN 2007 AND GABRIEL VELLA, WHO TOOK HIS FIRST IN 2002 AND HIS MOST RECENT IN 2009. THE BIGGEST GAP IS GABRIEL MORAES, WHO TOOK HIS 2ND TITLE IN 2013, 9 YEARS AFTER HIS MAIDEN BLACK BELT TITLE IN 2004.

-53.5 kg

Final: Rikako Yuasa (Paraestra Shinagawa) beat Gezary Matuda Kubis Bandeira (American Top Team) by advantage

Bronze: Ariadne de Oliveira (Mestre Wilson Jiu-Jitsu) and Laurence Cousin Fouillat (Ribeiro Jiu-Jitsu)

-58.5 kg

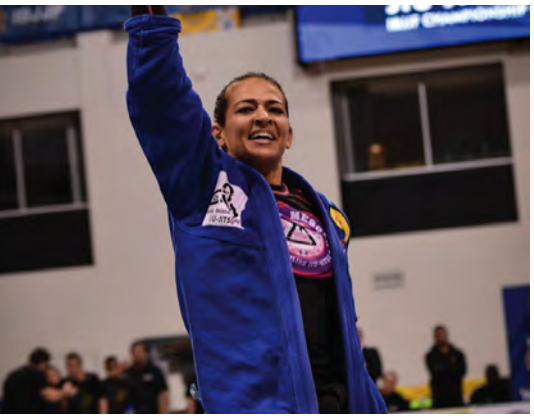
Final: Mackenzie Lynne Dern (Gracie Humaita) beat Michelle Zonato Nicolini (Checkmat) by rear choke

Bronze: Tammi Alana Musumeci (American Top Team) and Chelsea Leah Bainbridge-Donner (Atos Jiu-Jitsu)

-64 kg

Final: Beatriz de Oliveira Mesquita (Gracie Humaita) beat Fabiana Alves Borges (Gracie Barra) by leglock

Bronze: Nyjah Michea Easton (Team Lloyd Irvin) and Angelica Cabral Firme Galvao (Atos Jiu-Jitsu)



-69 kg

Final: Luiza Monteiro Moura da Costa (PSLPB Cicero Costha) beat Luanna Alzuguir Marton Moraes (Alliance) by decision

Bronze: Sijara Jihan Eubanks (Team Lloyd Irvin) and Monique Medeiros Elias (Alliance)

-74 kg

Final: Ana Laura Gonçalves Cordeiro (Gracie Barra) beat Andresa Correa (Alliance) by 4x0 pts

Bronze: Rachel Leigh Demara (Big Brothers) and Karen Elizabeth Peterson (Clockwork Jiu-Jitsu)

-79 kg

Final: Dominyka Obelenyte (Alliance) beat Vanessa Oliveira do Nascimento (GF Team) by 9x0 pts

Bronze: Tammy M Griego (Gracie Barra) and Leticia Seguetto Tanabe Lalli (Checkmat)

A DOUBLE DOUBLE

A NUMBER OF WELL-KNOWN PLAYERS HAVE COME CLOSE WITH 3 OUT OF 4 TITLES, BUT BERNARDO FARIA BECAME ONLY THE 4TH PERSON AFTER RODOLFO VIEIRA (2011), GABI GARCIA (2012) AND MARCUS "BUCHECHA" (2012, 2013) TO HAVE EVER HELD DOUBLE GOLD AT THE PANS AND MUNDIALS IN THE SAME CALENDAR YEAR.

Final: Fernanda Mazzelli Almeida Maio (Striker JJ) beat Alison Victoria Tremblay (Brazilian Top Team) by rear choke

+79 kg

Bronze: Talita Andrea Nogueira (Gracie Elite Team) and Venla Orvokki Luukkonen (Hilti BJJ Jyvaskyla)

Final: Dominyka Obelenyte (Alliance) beat Monique Medeiros Elias (Alliance) by 6x2 pts

OPEN

Bronze: Beatriz de Oliveira Mesquita (Gracie Humaita) and Mackenzie Lynne Dern (Gracie Humaita)

Route to the gold: Laurence Fouillat by triangle armbar (Rd 1), Tammi Musumeci by decision (QF), Mackenzie Dern by pts (SF), Monique Elias pts 6x2 (F)

MEERKATSU®
ORIGINAL ARTWORKS WWW.MEERKATSU.COM
ROLL AND ROCK!

PASSING NOTES

A humorous Q&A on the pressing topics in BJJ today.

NAME?

Women

WHAT ARE THEY?

50% of the human race, allegedly from the planet Venus, though if that's true, then men are from Mars.

SO WHAT'S THE PROBLEM?

Some of these 50% of humans train Brazilian jiu jitsu and they're pretty darn good at it too. But that's not good enough for the likes of some.

WHAT DO YOU MEAN?

Some people, not naming names, think these strange 50 percenters are not good enough to enter their exclusive submission only grappling event, although that unnamed person did admit he liked them looking 'hot'.

HE MIGHT HAVE A POINT, IT'S NOT LIKE THERE ARE VERY MANY OF THESE SO CALLED 'WOMEN' WITHIN BJJ?

It is a truism that less women train BJJ than men, which is all the more reason to encourage reaching out and participation in the sport through positive imagery, showcasing role models and promoting the all-round health giving benefits of jiu jitsu.

STEADY ON, SOON THESE LADY TYPES WILL BE ADORNING THE JIU JITSU WORLD WITH POSED SEXY GLAMOUR PHOTOS AND POUTING SELFIES.

Well this is actually happening right now. Some female BJJ practitioners have taken part in glamourous scantily clad photoshoots and these images have caused quite the ruckus. Some say it is degrading and objectifying, others defend the images, saying they are empowering and bring fun and glamour to an otherwise male dominated sport.

I SAY, QUITE CONTROVERSIAL THEN. WHERE EXACTLY DID YOU SAY THESE PHOTOS COULD BE FOUND?

Don't be cheeky, I don't have any photos of scantily clad women wearing pink gis draped daringly over their shoulders and revealing bare body parts…hang on…just deleting a few images off my computer. Kidding aside, more and more women are joining the sport and they're taking it every bit as seriously as the guys. There are also many groups and movements dedicated to advancing the status of female participation, especially women only gatherings, seminars, classes, courses and many other activities.

WHAT SHALL I DO WHEN I MEET ONE OF THESE RARE AND FRAGILE CREATURES IN THE ACADEMY?

LOL at calling the likes of Mackenzie Dern, Gabi Garcia, Michelle Nicolini, Dominyka Obelenyte, Kyra Gracie etc. etc. 'fragile'. Roll with one of them and you'll be tapping faster than a Morse code signal. And I haven't even begun to delve into the world of women's MMA! Women train and those who don't like it will just have to go back to the prehistoric ages where they came from!

DO SAY

Cool technique!

DON'T SAY.

Would you like me to roll easy with you, y'know, cos you're a girl?

ROGER GRACIE
BRAZILIAN JIU JITSU

ROGER GRACIE

10 X BLACK BELT WORLD CHAMPION

THE BEST BJJ SCHOOL IN LONDON

COME JOIN OUR FAMILY

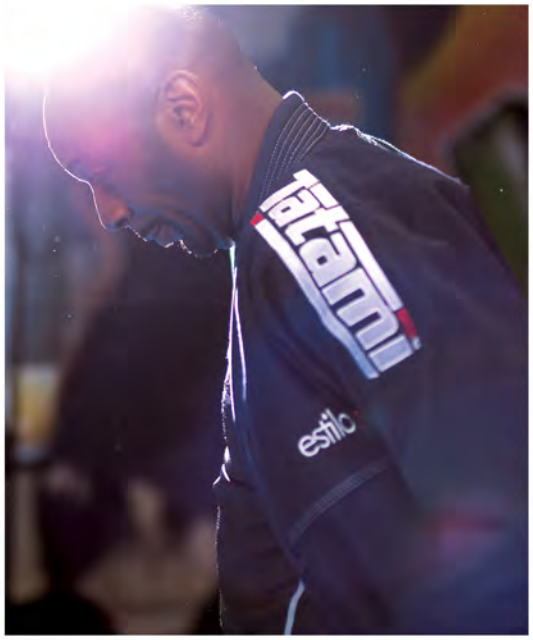
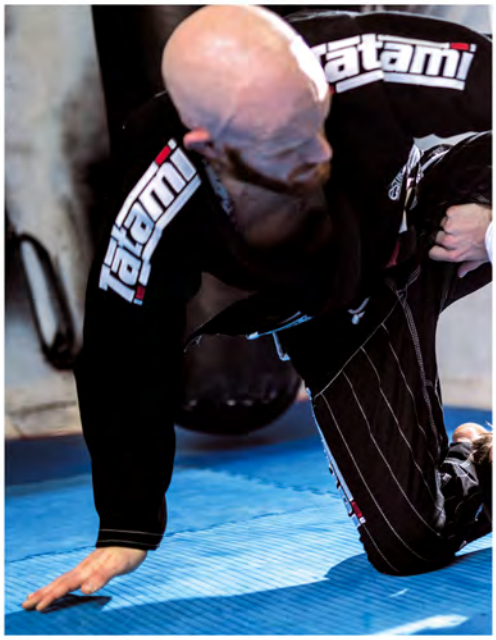
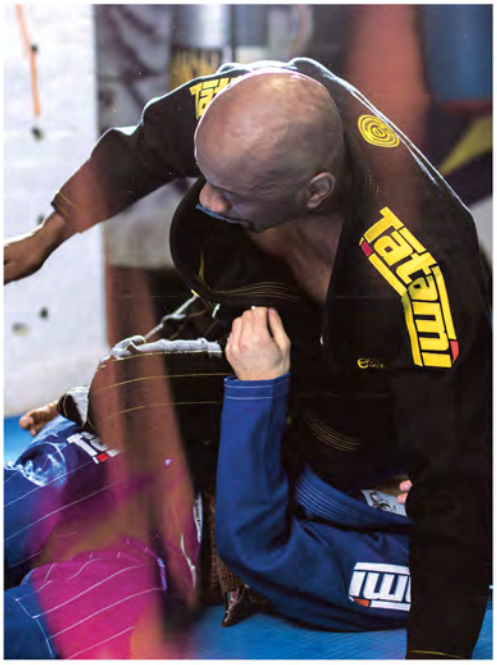
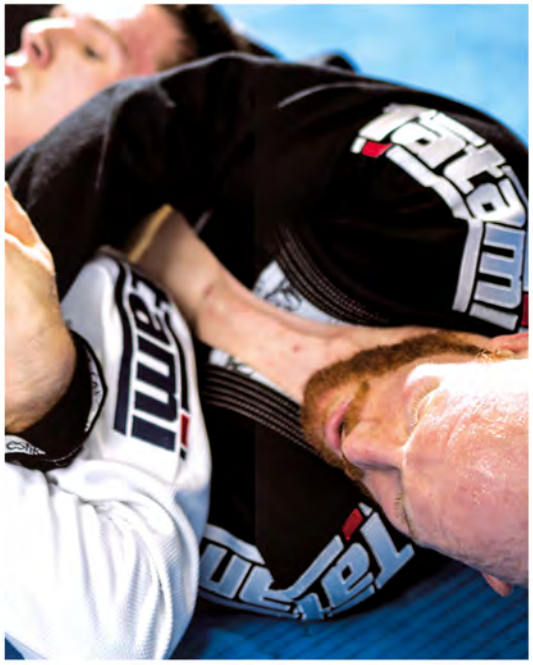
CALL US FOR A

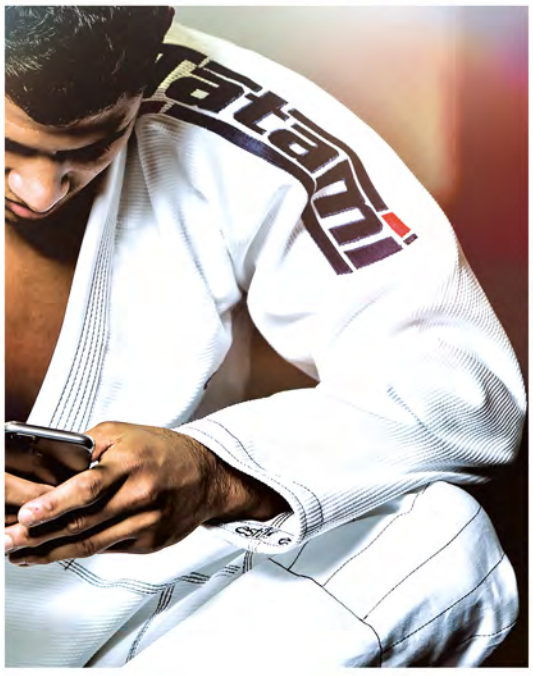
FREE CLASS

0203 220 0095

More informations:
www.rogergracie.com
academy@rogergracie.com

rogergracie
@rogergracie



Tatami fightwear

estilo5.0